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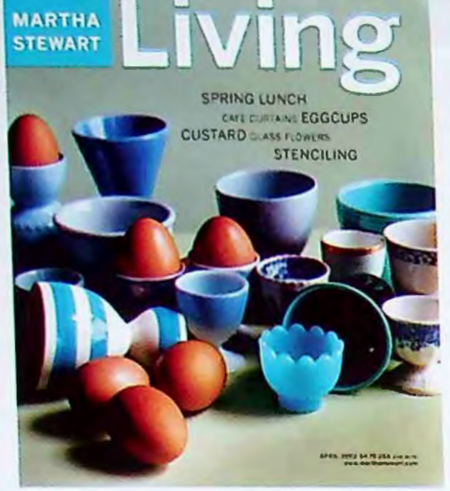
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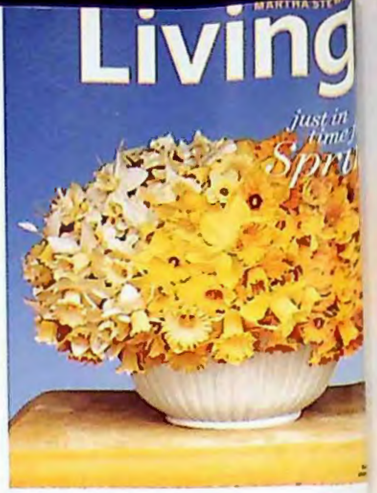
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Sharing the "Good Things"
Celebrate Spring
Holiday Menu Plans
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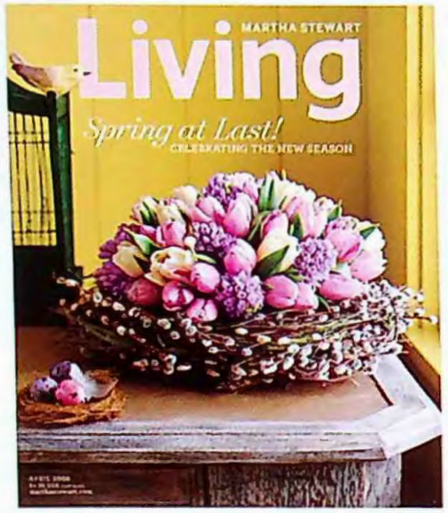
3 Space-Saving Bathroom Makeovers
Our Foldout Checklist for Spring Cleaning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CELEBRATING THE NEW SEASON

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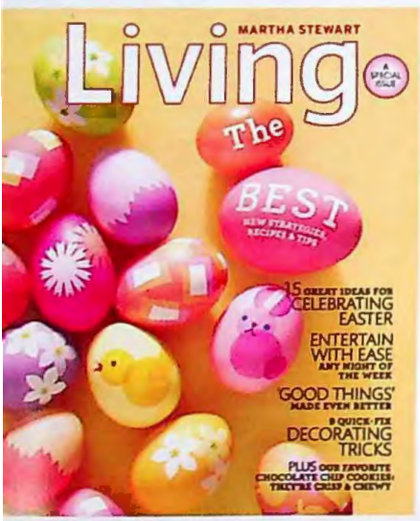
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GOOD THINGS' MADE EVEN BETTER
8 QUICK-FIX DECORATING TRICKS
PLUS OUR FAVORITE CHOCOLATE CHIP COOKIES: THEY'RE CRISP & CHEWY!

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158 WAYS TO CELEBRATE, DECORATE & REFRESH
easy & exquisite EASTER EGGS
FRESH TWISTS on seasonal menus
BRIGHT NEW FLAVORS from herbs
COOL BLUES for every room
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27 TOPPERS, TOOLS & TIPS
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INSPIRED EGGS, CENTERPIECES, D.I.Y. BASKETS & MORE

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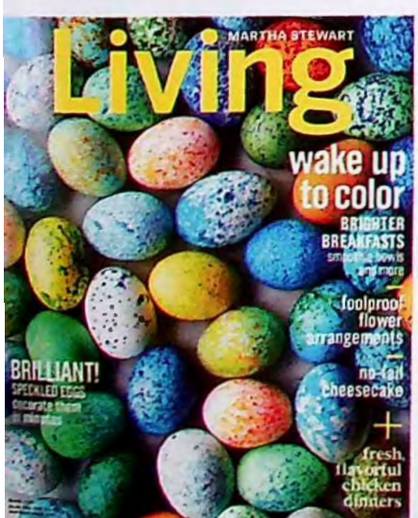
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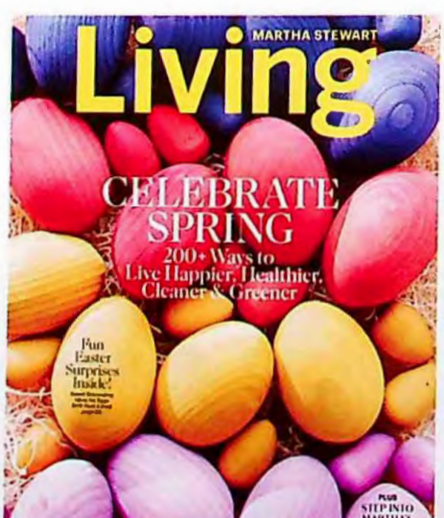
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PLUS
STEP INTO MARTHA'S

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30 YEARS *of* MARTHA STEWART LIVING *Celebrating Spring!*

Martha's April

GENTLE REMINDERS, HELPFUL TIPS, AND IMPORTANT DATES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 APRIL FOOLS' DAY Speak at Oklahoma State University's Spears School of Business	**2** Nephew Carter's birthday Attend Yankees' home opener *Cardio and core*	**3** Plant fruit trees *Weight training*	**4** Go for a hike with Jude and Truman
5 Decorate for Easter	**6** A conversation with Stephen Gambrel for God's Love We Deliver Food Meets: Design lunch, in New York City	**7** Friend Martin Miller's birthday Make Easter baskets for Jude and Truman *Yoga*	**8** PASSOVER BEGINS AT SUNDOWN Friend Richard Feigen's birthday	**9** Nephew Charlie's birthday Start tomato seeds *Cardio and core*	**10** Make cookies for Easter and dye eggs *Weight training*	**11** Bake and decorate Bedford Easter cake (see page 15)
12 EASTER Celebrate with family and friends	**13** Wash and store heavy sweaters *Weight training*	**14** Add layer of compost to vegetable beds *Yoga*	**15** TAX DAY Plant peas	**16** PASSOVER ENDS AT SUNDOWN Attend Antique Garden Furniture Fair preview party at New York Botanical Garden	**17** Nephew Kirk's birthday *Weight training*	**18** Make watercress chopped salad (see page 74)
19 Niece Sophie's birthday	**20** Attend Edible Schoolyard NYC spring benefit *Weight training*	**21** Sow lettuce, spinach, and Swiss-chard seeds *Yoga*	**22** EARTH DAY Barnard College's annual gala	**23** Niece Kristina's birthday *Cardio and core*	**24** ARBOR DAY Plant trees *Weight training*	**25** Horseback ride
26 Go for nature walk with Jude and Truman, and look for nesting birds	**27** Plant lily bulbs *Weight training*	**28** Take photos around farm for blog *Yoga*	**29** Give keynote at Financial Brand Forum, in Las Vegas	**30** Clean gutters *Cardio and core*		

"For quick, easy-to-peel eggs, I place room-temperature ones in a covered steamer basket over a pot of rapidly boiling water. Cook around seven minutes for soft but not runny yolks. About two minutes longer, and they'll be cooked through." —*Martha*

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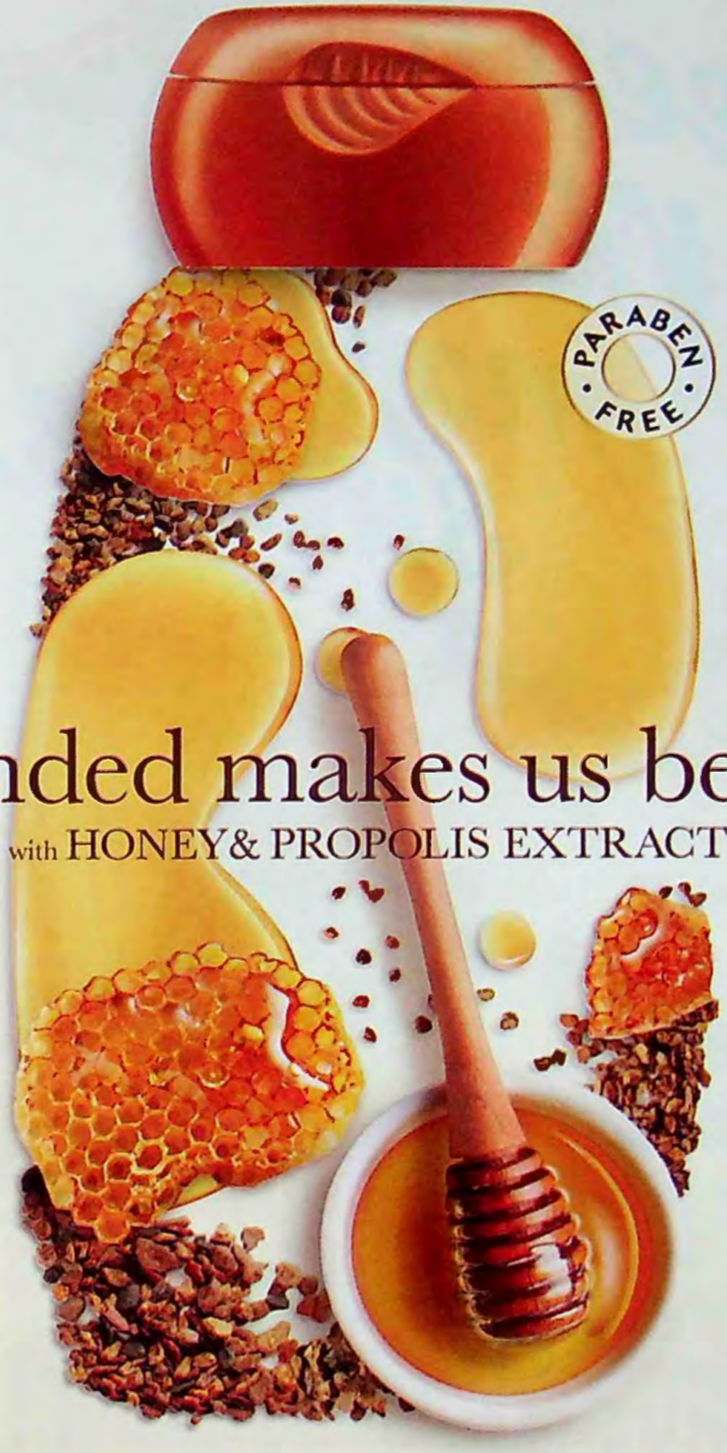

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| ON THE COVER |

A CUT ABOVE
Découpaged strips of patterned wrapping paper adorn craft-store eggs. For the how-to and more sweet ideas, see page 84. Photograph by Johnny Miller. Styling by Tanya Graff and Silke Stoddard.

A little bread.
A little cheese.
A lot of Wow.

All Good Things

WHEN I FIRST FELL in love with this magazine, it was the wellspring of creative ideas and inspiring imagery that reeled me in and made me think: *I want to live like that.* But what I didn't truly realize until I started working for Martha, and experienced it firsthand, was how much thought and care go into making every page. While you might not be able to see the toil behind our recipes, the food team does work tirelessly to test each one until it's perfected—and that's a difference you can certainly taste. Dive in further, and you learn how much we consider every detail—from where our food originates to what happens to it after a shoot. But this is nothing new. Shopping carefully, recycling, and composting have been part of the process—and the Martha way—for three decades now. And we approach caring for your home and garden the same way: Hold the harmful chemicals, please.

To celebrate the 50th anniversary of Earth Day this month, we're giving you "50 Ways to Be the Change" (page 33). It's filled with easy ideas that actually make a difference and can help us all walk the walk each day. I remember a few years ago, we photographed some carved pumpkins for a Halloween story. Instead of tossing them afterward, Martha took them home and added them to her chicken feed. A few days later, she brought eggs in from the farm for the entire office to enjoy. It was kind of funny, and very "circle of life"! But it was also an act of living thoughtfully, mindfully, and beautifully. And that's when I realized, all over again, *I want to live like that.*

Elizabeth

Elizabeth Graves, Editor in Chief
elizabeth@marthastewart.com **@ebgraves**
For subscription inquiries, call 800-999-6518.

| *LIVING* IN MY LIFE |
Here, just a handful of our ideas that I'm excited about this month.

1
When the food editors made this delicious hearts-of-palm dip for a recent staff gathering, it was quite the hit. Page 24.

2
In American Made, we visit jewelry designer Mary MacGill in her studio. Her work is wonderful to wear and give. Page 44.

3
Beauty companies are stepping up their eco game, too. I've earmarked all the new refillable products (page 56) and natural-makeup winners (58).

4
A longtime reader shared her clever method for making Easter eggs with us; now we share it with you. Thank you, Aine! Page 22.

5
Don't miss our preview of British baker Julie Jones's book *The Pastry School*. Her creations are stunning, inside and out. Page 90.

DON'T TRASH IT
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PORTRAIT BY LIZ BANFIELD

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Out & About

WHERE TO GO, WHAT TO SEE, AND HOW TO EMBRACE SPRING

| ON THE ROAD |

PETAL PEEPING

When Virginia's private estates reach peak bloom, owners swing open their gates for Historic Garden Week, run by the centenarian Garden Club of Virginia (April 18 to 25; *vagardenweek.org*). This year's roster has more than 150 perennial favorites and newcomers—like Oak Spring, in Upperville (right), with its climbing vines and espaliered fruit trees. Here, more plots ripe for touring.

📍 LENOX, MASSACHUSETTS

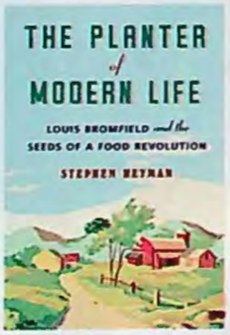
As gifted with a spade as she was with a pen, Edith Wharton surrounded her Berkshires retreat, The Mount, with manicured floral beds and a linden-tree promenade. *edithwharton.org*

📍 SAN SIMEON, CALIFORNIA

Take in the breathtaking bougainvillea and sweeping stone balustrades overlooking the Pacific on Hearst Castle's 127-acre landscape. *hearstcastle.org*

📍 AKRON, OHIO

Explore more than a dozen gardens at Stan Hywet Hall, the former home of the Goodyear Tire & Rubber family. Its 550-foot birch-tree allée will soon debut on a USPS Forever stamp. *stanhywet.org*



| ON OUR BOOKSHELF |

In Rajasthan, revelers wear citron yellow this time of year to celebrate spring's arrival. That's just one color—and one tradition—flooding the pages of ***Patterns of India*** (Clarkson Potter), photographer Christine Chitnis's homage to the northern state's crafts and culture. A more subtle but equally striking palette grounds ***Gathering: Setting the Natural Table*** (Rizzoli), by Los Angeles floral designer Kristen Caissie. Her first book is an all-seasons entertaining guide, filled with artfully layered botanical tablescapes. Fans of *The Great Gatsby* and Alice Waters will be amazed and seduced by Louis Bromfield's epic life story. A novelist who outsold Fitzgerald in his time (and was known in Paris for throwing better parties), he decamped to the French countryside and learned biodynamic farming, then founded a pioneering farm (where Bogey and Bacall wed) in his native Ohio. ***The Planter of Modern Life*** (W. W. Norton) deftly captures the man and the movement.

| WHY NOT? |

Go Wild

This Earth Day, honor the animal kingdom at these special spots.

Little St. Simons Island, Georgia
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—

Surf City, North Carolina
Join the volunteer squad at this sea-turtle sanctuary before sunrise, and help shield new nests from predators. On warm nights, look out for hatchlings waddling to the ocean. ***seaturtlehospital.org***

—

Commerce City, Colorado
Just outside Denver, bison roam at Rocky Mountain Arsenal National Wildlife Refuge. Get an eyeful on an 11-mile scenic drive, or visit the prairie exhibit to behold black-footed ferrets, the continent's most endangered mammal. ***fws.gov/refuge/rocky_mountain_arsenal***

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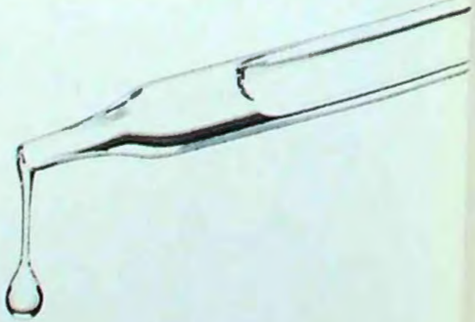

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From MARTHA

TEACH AND INSPIRE

Just as she does at her annual party, Martha hides eggs (in this case, candy-coated sunflower seeds) all around her place.

Farm Fresh

Martha goes all out for Easter each spring, hosting a hopping brunch and egg hunt for guests of all ages. This year, she's serving an extra-special treat: a dessert that takes a cue from her Bedford property. The icing on the sheet cake? Frosted fields topped with sunny daffodils, manicured boxwoods, and charming creatures who call her garden home.

PHOTOGRAPHS BY THOMAS LOOF

FRIENDS OF THE FARMER Martha places bunnies and a Frenchie along the cake's cookie-crumb path as a finishing touch.

As a young child, I was enchanted with Beatrix Potter's stories of Peter Rabbit. I loved following the mischievous bunny's adventures with his family and friends, and especially enjoyed imagining the colorful landscape they scampered around.

Twenty years ago, I developed an oversize spring garden cake for *Living* and my television show that was inspired by Mr. McGregor's patch. It had two layers, zucchini and carrot, and was embellished with dozens of meticulously formed marzipan flowers, fruits, and vegetables. It was beautiful, but I admit that crafting all those elements was complicated.

When I began thinking about Easter this year, I wanted to create a new twist on that cake, and worked with *Living* food editors Shira Bocar and Lauryn Tyrell to plot a design based on my Bedford farm in spring. We would re-create the old spruce fencing that edges the paddocks, the drifts of daffodils, the gravel path that runs between my clipped boxwood hedging, and, to play up the holiday, add colored eggs to represent my annual Easter-egg hunt.

The cake is deliciously tender, flavored with orange zest and almonds and frosted with a light buttercream. The decorations—"boxwood" cake balls covered in nonpareils, marzipan "daffodils," and piped buttercream "grass"—look challenging but don't require special skills. Once it was decorated, I nestled in a couple of small bunny figurines—my nod to Peter and his siblings. I can't wait to share it with my grandchildren.

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DIGGING INTO THE DETAILS

For the buttercream, icing, and decoration recipes and cake-assembly instructions, see page 107.

Martha's Bedford Easter Cake

To make almond flour, pulse ½ cup blanched almonds in a high-powered blender until fine but not clumpy.

- **2 sticks unsalted butter, room temperature, plus more for pan**
- **2¾ cups unbleached all-purpose flour, plus more for pan**
- **½ cup almond flour**
- **1 tablespoon baking powder**
- **1 teaspoon kosher salt**
- **1¾ cups sugar**
- **2 teaspoons packed finely grated orange zest (from 1 large orange)**
- **4 large eggs, room temperature**
- **1¼ cups whole milk**
- **¼ teaspoon pure almond extract**

1. Preheat oven to 350°. Butter a 9-by-13-inch cake pan. Line with parchment, leaving a 2-inch overhang on long sides. Butter parchment; dust with flour, tapping out excess. Whisk together flours, baking powder, and salt.

2. In a mixer fitted with the paddle attachment, beat together butter, sugar, and orange zest on medium speed until light and fluffy, 2 to 3 minutes. Add eggs, one at a time, mixing well after each addition and scraping down bowl as needed. Reduce speed to low and gradually add flour mixture, beating until combined. Add milk and almond extract; beat until just combined.

3. Pour batter into pan; smooth top with an offset spatula. Bake until golden brown and a tester inserted in center comes out clean, 30 to 35 minutes. Transfer pan to a wire rack; let cool completely. Remove cake from pan using parchment. (Remove and discard parchment.) Cooled cake can be wrapped tightly in plastic and refrigerated up to 2 days.

ACTIVE TIME: 1 HR. 15 MIN.
TOTAL TIME: 2 HR., PLUS COOLING
SERVES: 12 TO 16

SEE THE VIDEO

Hover your phone over this smart code to watch Martha's cake come together.

1

Pipe the Lawn

Swiss meringue buttercream that's been tinted green is piped at a 90-degree angle with a grass decorating-tip attachment. *Ateco #133 decorating tip, $8.75, amazon.com.*

2

Shape the Boxwoods

Cake balls (crumbled cake mixed with buttercream) are rolled in green nonpareils. The "shrubs" are formed in two sizes, to mimic Martha's undulating allée. *Nonpareils, $4 for 4 oz., confectioneryhouse.com.*

3

Construct the Fence

A textured stamp presses a faux-bois finish into gray-tinted gum paste, which is cut into slats with a pizzo wheel. *Wood-grain fondant impression mat, $22; and Satin Ice gum paste, $17 for 2 lb., nycake.com.*

4

Mold the Daffodils

A six-point-star cutter forms the base of marzipan flowers, and a flower tool shapes inner petals. *Ateco 12-piece aspic or jelly cutter set, ½", $14, amazon.com. Fondant & gum-paste modeling-tool set, $13, nycake.com.*

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Lunchables
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Good THINGS

FRESH IDEAS TO ELEVATE THE EVERYDAY

THE DETAILS:
West Elm Belgian flax-linen napkins, *in Platinum, $36 for 4, westelm.com.*

| DIY DÉCOR |

Vine and Dine

These napkin rings are just the botanical bling your spring table needs. And they come together with ease and elegance, thanks to two unexpected resources: inexpensive Czech glass, which is commonly used to make ornate chandeliers, and good old crafts-store glass beads. Use gold wire to shape rings, then twist on the "leaves" and "berries." Just like that, you've propagated your new favorite perennials. For the full how-to, see page 110.

TEXT BY PETRA GUGLIELMETTI

PHOTOGRAPHS BY TREVOR TONDRO

A Whole New Whirl

The beauts below may gleam like fine marble, but they're the real things, tinted and buffed to a fine shine. Longtime *Living* reader Aine Hudson of Sacramento, California, shared her clever, kindergarten-simple method with us: Hard-cook a carton of eggs (learn how at *marthastewart.com/hardcookedeggs*); when they're cool, dry them well with a soft cloth. Scribble swirls all over the shells with crayons to emulate veining. Then dye your dozen per the package instructions, and after they dry, gently "polish" them with a cotton cloth. The pigment won't stick to the crayon wax, hence the trompe l'oeil finish. Color us inspired.

| CELEBRATE |

Dino-mite!

We love chicken eggs, of course, but these whoppers, which can hold as many goodies as a whole basket, are sure to crack some big smiles. To make them, brush eight-inch-long papier-mâché shells with two coats of pastel craft paint. Then dilute a bit of a contrasting color with water, and flick it on with a small paintbrush for speckles. Let dry, fill with paper shreds and treats, and incubate till Easter morning.

THE DETAILS: The Little Crafty Bugs Company papier-mâché eggs, *20.5 cm, $7.50 each, littlecraftybugs.co.uk.* **Martha Stewart family-friendly multi-surface satin acrylic craft paint,** *$2.50 each for 2 oz., and* **Celebrate It jumbo paper shred,** *in Pink, $5 for 4 oz., michaels.com.* **D. Blümchen & Company pastel hardwood eggs** *(inside shells), $6 for 3, blumchen.com.* **Happy Farm wind-up chick,** *$7.50 for a 3-piece set (includes duck and bunny), amazon.com.* **Nuts.com speckled robin malted-milk balls,** *$10 for 1 lb., nuts.com.*

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| EASY ENTERTAINING |

Bring the Zing

This zesty little appetizer is going to have everybody at the party guessing the secret ingredient. It doesn't get that creaminess from avocado, or that crunch from edamame. Give up? It's hearts of palm. The core of the tropical plant is mild and sweet, with a tender bite similar to that of artichoke hearts, and irresistible when it's brightened with herbs and fresh lime. No need to mention it's super-healthy. Just set it out with crudités, and *viva la vida* vegan.

HEARTS-OF-PALM DIP

Place two drained 14-ounce cans **hearts of palm,** ¼ cup chopped **fresh chives,** ½ cup packed **fresh cilantro leaves,** 1 teaspoon **grated lime zest,** 2 teaspoons **fresh lime juice,** ⅓ cup **extra-virgin olive oil,** 1 teaspoon **kosher salt,** and ½ teaspoon freshly ground **black pepper** in a food processor; pulse until combined. Drizzle with more olive oil, and serve with **plantain chips** and **crudités.**

| THE FIND |

Fizz Factor

Our food editors are abuzz over these cool new drinks. Each Hoplark HopTea blend is a cross between an IPA and a classic infusion. However, they're brewed, not fermented, so they're booze-free. "You get the crisp, refreshing flavor of a cold, carbonated beverage but without sugar or alcohol," says *Living* senior food editor Lauryn Tyrell. Pretty crafty. *$35 for 12, hoptea.com.*

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| TRADITION |

A Citrus Twist

Seder plates can be traditional and ornate, or sparse and modern—and some may not even involve an actual plate. Whatever your style, consider adding an orange. The custom originated in the 1980s, to represent solidarity with gay Jews, but has since evolved to encompass all marginalized Jewish people, and the sweetness they bring to the table.

THE DETAILS: Muji acacia bowl, *8 by 4.5 cm, $3, muji.us.* **EQ3 Dot tray,** *$35, eq3.com.*

| SIP & REPEAT |

Carrot Tops

We wouldn't be surprised if Peter Cottontail tried to make off with one of these vibrant chillers filled with a blend of carrot and lime juices. And when you serve them in tall, skinny glasses with fresh carrot greens, they look as if they were just pulled from the garden—and taste like it, too. We added a hint of sugar to win over kids and grown-ups alike. To really get your brunch crowd hopping, stir in a splash of vodka.

CARROT LIMEADE

In a pitcher, combine 16 ounces (2 cups) **pure carrot juice,** such as Lakewood; 4 ounces (½ cup) **fresh lime juice;** and 3 tablespoons **superfine sugar.** Stir until sugar dissolves. Cover and refrigerate until cold, about 1 hour. Pour over **ice,** and top each glass with 1 to 2 ounces **seltzer.** Garnish with 1 or 2 **carrot tops.**

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1

2

3

4

Clearer Skies Ahead

Upgrade your rainy-day gear to sustainably made versions, and do yourself and the planet a solid. These style and home essentials are well-designed and durable—no crumple-in-the-wind umbrellas or leaky galoshes here—and composed entirely of recycled or fair-trade materials. They'll help conserve natural resources, and equip your crew to weather April's showers in style. How's that for a silver lining?

1

FOWL-WEATHER FRIENDS

Classic British **Original Duckhead compact umbrellas** have super-sturdy canopies and sleeves made of recycled plastic bottles, and their cute faces are carved from sustainable birch. *$34 each, originalduckhead.com.*

2

ECO WELLIES

The lightweight rubber thot goes into **Alice & Whittles Minimalist ankle rain boots** is 100 percent fair trade: It comes from the sop of sustainably managed trees in Sri Lanka—another big step in the right (and less clunky) direction. *$120, aliceandwhittles.com.*

3

HYDRATION STATION

Outdoor recycled-resin containers from the **Great American Rain Barrel Company** collect up to 60 gallons through their perforated, bug-blocking lids. Screw a garden hose right onto the spigot to water flower beds or spray down muddy cars or dogs. *In Nantucket Gray, from $110, great americanrainbarrel.com.*

4

SMART SLICKER

Nineteen recycled water bottles go into the fabric for one **Faire Child Midi** raincoat. The sleeves are another savvy feature: They can be neatly cuffed up to four inches, so the coat con fit a child for at least three years. When it finally does wear out, put it right back in the recycling—and close the loop. *In Balsam, from $75, fairechild.com.*

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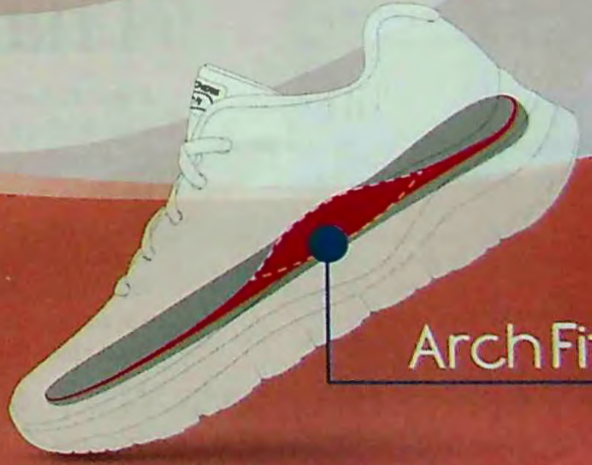

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| CLEANING MACHINES |

Ground Rules

That little workhorse of a **coffee maker** on your counter doesn't ask for much in return for kick-starting your mornings, aside from a good daily rinse. But it does need more attention every three to six months—namely, descaling, to remove calcium deposits. (And if you have hard water, they may build up faster.) Here's how to get yours pristine.

1. TACKLE THE PARTS
Unplug it. Wash all the removable pieces in warm, soopy water. Rinse and dry them, wipe down the base, reassemble, and plug it back in.

2. DEEP-CLEAN THE SYSTEM
Fill the reservoir halfway with distilled white vinegar, then top it off with water; or use your brand's descaling solution (check with manufacturer's instructions first). For o pod brewer, set o mug on the stand. Start the largest brew cycle. Repeat until the reservoir is empty, pouring out the mug between cycles, then let sit for on hour. Standard-brewer users: Start the cycle, turn it off after it makes a few cups, ond let it sit for on hour.

3. FLUSH IT OUT
Fill the reservoir with fresh water, then make two more pots (wash the pot afterward) or 12 more mugs.

Two Reminders

If your mochine hos o water filter, change it every two months. If you use pods, recycle them. You can send any kind to Terracycle (*terracycle.com*). Nespresso pods con be mailed back or returned to stores. Keurig hos pledged to make all of its pods curbside-recyclable by the end of the year.

| INSTANT UPGRADE |

That's a Wrap

Cyclists reach for handlebar tape to cushion their hands and freshen up their ride. Unspool the leather or cork kind to give housekeeping tools the same grippy treatment. Any skinny handle is up for grabs—and one roll will cover a couple. Start at the top and wind the tape around, overlapping it slightly and pulling it taut. Trim it at the bottom and secure both ends with hot glue or a small upholstery tack. You'll appreciate the padding the next time you take your sweepers on a tour de home.

THE DETAILS: Leh Cycling Classic leather bar tape, *in Mahogany-Aniline, $59 for 2 m, lehcyclinggoods.com.* **Origin8 Pro cork handlebar tape,** *in Dark Brown, $12, brondscycle.com.*

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50 WAYS TO BE THE CHANGE

Imagine a cleaner, greener world—one you're proud to inhabit and pass down to future generations. Fifty years ago this month, that same vision galvanized 20 million Americans across the country to celebrate the very first Earth Day. To honor this milestone, and the continued movement as it grows ever more important today, we asked top environmental experts for small but mighty steps you can take to make a positive impact on your home, in your community, and beyond.

TEXT BY SARAH ENGLER
ILLUSTRATIONS BY MELINDA JOSIE

1

Plant the seed—or the seedling.

The Earth Day Network aims to plant 7.8 billion trees—one for every person on the planet—by the end of the year. Grab a shovel and do your part. Or put anything green in soil. Even just a pot of basil counts and will connect you to nature, says chef Alice Waters.

PHOTOGRAPH BY ANITA CALERO

2

Know where you stand.

To make real changes, figure out what areas of your life need optimizing. "A good carbon-footprint calculator will tell you where the biggest bang for your buck is," says climate scientist Katharine Hayhoe. She likes UC Berkeley's CoolClimate Calculator (*coolclimate.berkeley.edu*). Plug in a few numbers, and it'll generate personalized suggestions, from small (using rechargeable batteries) to bigger (investing in a tankless water heater).

3. Park your car.

Short drives make up three-quarters of our total transportation emissions, says World Wildlife Fund's Ginette Hemley. When heading out for quick jaunts, try to walk, bike, carpool, or bus it instead.

Eat for the earth . . .

4. CHOOSE BEANS OVER BEEF. Pound for pound, legumes produce 34 times less greenhouse-gas pollution. Not totally there? Try skipping meat Monday to Friday, like Jenny Rosenstroch, who writes the blog Dinner: A Love Story and is writing a book, *The Weekday Vegetarians*, due out next year. Her family keeps the rules relaxed: "We make exceptions if someone's cooking for us or we eat out." She also relies on new favorite ingredients: crispy chickpeas (store-bought or fried in olive oil and tossed in spices), to make salads heartier; and smoked paprika, to give soups and stews a bacon-esque flavor. "We go through it like milk in my house now," she says.

5. SHOP AT FARMERS' MARKETS. Even fruit and vegetables grown in this country travel 1,500 miles on average before they go in your cart—think of all that gas and refrigeration. Go local, says Waters, and petition your grocery to stock more homegrown goods, too.

6. BUY BETTER SEAFOOD. The average American eats about 16 pounds of fish and shellfish a year. Driven by that demand, irresponsible fishing practices are hurting many species' populations. Look for the Marine Stewardship Council label (a blue seal) at retailers like Kroger, ShopRite, and Whole Foods, suggests Hemley. It means your salmon or cod was sustainably caught.

. . . and toss out less food.

The U.S. wastes 150,000 tons of food a day. You get three opportunities—breakfast, lunch, and dinner—to slash your share of it, says Katharine Wilkinson of Project Drawdown, a nonprofit focused on climate-change solutions. Start composting (see page 62 for more info), and . . .

7. MEAL-PLAN. Yes, treat it like a verb. Take inventory of what's in your pantry and refrigerator. Then choose recipes that call for what's there, and buy only what you need to complete them. No more sad scallions in the crisper.

8. PACK YOUR FREEZER. It consumes less energy when it's full. Decant leftover soup into a muffin pan and freeze it, then pop out the individual servings (just run a knife around the edges) and store them in a resealable bag. Freeze languishing berries on a baking sheet (to prevent clumps), and stash them the same way.

Green your money.

10. Break up with your bank if it supports fossil-fuel projects, says nonprofit 350.org cofounder Bill McKibben. Scan a list of the worst offenders at *fossilbanks.org*. (For the record, a local credit union is usually the most eco place for your money.)

11. Fix your 401k and IRA. To see how your plans stack up and find planet-friendly investments, visit *fossilfreefunds.org*.

12. Pause before you buy.

Ask yourself, "Do I really need that new sweater, dress, or top?" For some perspective: It takes 700 gallons of water to produce one cotton T-shirt. Unless it's an essential purchase, take a pass.

13. Help the scientists.

There is so much to learn (and so much ground to cover) that researchers are crowd-sourcing data, says Earth Day Network's Kathleen Rogers. Smartphones make it easy: Her organization has partnered with the Wilson Center and the U.S. Department of State to launch the world's largest citizen-science initiative, with the goal of encouraging millions of people to record observations of their air quality, plastic pollution, and other issues, and upload them to help monitor and improve our environment. To learn more, see the Earth Challenge 2020 at *earthday.org*.

Phase these things out of your life for good.

14. SINGLE-USE PLASTICS. "Picture a garbage truck dumping its contents into the ocean every minute," says Waterkeeper Alliance's Marc Yaggi. That's what the 8 million tons of plastic that wind up there each year look like.

15. PESTICIDES. More than 1 billion pounds are used in the U.S. annually. But you don't need them for a beautiful yard or bountiful tomato yield. They endanger human and wildlife health.

16. UNSUSTAINABLY SOURCED PALM OIL. Close to 30 soccer fields' worth of forest get destroyed every minute to manufacture this ubiquitous oil, found in everything from ice cream to detergent. Seek out the Roundtable on Sustainable Palm Oil label, with the bright-green frond.

17. VIRGIN-PULP PAPER GOODS. Instead, go for TP and paper towels made from recycled materials, which generate three times less carbon, per NRDC. Better yet, it's not all scratchy anymore.

18. TOXIC CLEANING PRODUCTS. Double-whammy alert: They put your health at risk when you use them, and threaten aquatic life at the other end of the drain. Look for the green-and-blue Environmental Protection Agency Safer Choice label to steer clear of noxious chemicals. (To search by brand, go to *epa.gov/saferchoice*.)

9. Remember those reusable bags already.

The average American family hauls home 1,500 plastic shopping bags a year, per the Center for Biological Diversity. Each one does its job for an average of 12 minutes, but takes 500 years or longer to break down. Stow totes and reusable produce bags in your car and purse, and for stick-to-itiveness, put them back as soon as you've emptied them.

Program your home.

To save energy and money 24/7, says NRDC's Noah Horowitz, set and forget your . . .

19. THERMOSTAT. Tune it to 72 degrees F when you're home in warmer months, and 78 when you're away. (Make that 68 and 60 in winter.) This can cut your energy bill by up to 15 percent a year.

20. WASHER AND DRYER. Your default cycles should be cold water (which uses 90 percent less energy than hot) and high spin. Today's detergents and machines will still get your clothes clean. (Doing five cold loads a week for a year will save roughly the energy equivalent of driving a car 1,800 miles.) The high spin extracts more water from clothes, cutting down on dryer time.

21. FRIDGE AND FREEZER. Keep the former at between 35 and 38 degrees F, the latter at 0.

22. COMPUTER. Put it to sleep after 10 to 15 minutes of inactivity. This mode takes very little power, so "it's almost as good as shutting it off, from an energy perspective," says Horowitz.

23. FAUCETS. Screw aerator attachments onto older ones. They're less than $20 for a six-pack. The water pressure won't change noticeably, but you'll cut your water total by 32 percent—a solid amount, since just washing your hands three times a day and brushing your teeth twice a day uses about five gallons.

24. Cut the cord.

Cable boxes emit almost 14 million metric tons of CO_2 a year (the same as burning over 15 billion pounds of coal), and mostly when you're not watching or recording, says Horowitz. Rarely watch live TV? Stream via a low-power Roku or Apple TV instead.

25. Buy renewable energy.

This one's easy: Some companies give you the choice to pay a little extra for power generated by sustainable sources. (This is called a renewable energy credit, or REC.) If your utility doesn't offer RECs, buy them from an outside supplier, and support one of these projects elsewhere. To find a certified program, go to *green-e.org*.

Stop leaks.

And prevent water, energy, and cash from slipping away.

26. DOLLAR-BILL TEST. Close one in the fridge door. If you can easily pull it out, replace the gasket—a simple DIY. If your model is more than 10 years old, consider upgrading to an Energy Star–certified appliance and recycling your old one. (Go to *energystar.gov* to learn how.)

27. INCENSE CHECK. Hold a lit stick in front of a window. If it wavers, beware: Drafty windows and doors account for up to a third of a home's heat loss. Caulking can help fill gaps; if yours are more than a few decades old, you may need new ones.

28. WATER QUIZ. Does your sink drip? Fix the washer, seal, or O-ring, stat; it could be leaking enough H_2O over a year to fill a swimming pool. Does your toilet make a post-flush trickling sound? If you have to jiggle the handle to stop it, you could be losing 200 gallons a day. Put a drop of food coloring in the tank, and check back in 10. If the water shows any tint, replace the flapper or fill mechanism.

29

Invite birds, bees, and butterflies to your yard.

Pollinators will flock to it when you grow the native plants they love—so put in some milkweed, and watch the monarchs alight. Nearly 90 percent of all flowering species (and more than three-quarters of the world's food crops) rely on these pollen couriers, and your garden will look and feel downright utopian. Find the right blooms for your yard at *xerces.org*.

30. Uproot invasives.

English ivy, giant hogweed, garlic mustard, and their ilk are taking over. According to the U.S. Forest Service, nearly half of plant species listed as threatened or endangered are thought to be at risk mostly because invasives are bogarting their resources. Team up with a local branch of the National Garden Clubs or a native-plant society to help clear them out. Consult with nurseries to ensure they aren't selling these invaders, too.

Convert your kids' lunch.

31. RAISE THESE QUESTIONS AT YOUR NEXT PTA MEETING: *Do students eat off petroleum-based polystyrene-foam trays?* Most likely, they do: About 225 million of them wind up in landfills each year. Advocate for paper boats, like those at stadiums. They cost about the same and are biodegradable. Also: *Could we develop a more plant-based menu, or source from more local food producers? Could we build a school garden and work it into the curriculum?*

32. PACK WISELY. If you make their lunches, opt for reusable containers and utensils, beeswax wrap, or washable sandwich and snack bags.

33. Restore reefs.

"Ask a restaurant to collect its oyster shells for restoration efforts," says landscape architect Kate Orff. In the past century, 80 percent of U.S. beds have been destroyed by overharvesting and pollution. This move protects future oysters and bolsters shorelines by acting as a natural breakwater.

Travel smarter.

34. COMPARE FLYING AND DRIVING, to see which is greener. Factors include sitting in first class (where you take up three times the space—and generate nine times more carbon emissions—than in economy, per the World Bank) and driving a hybrid (a plus). Enter your trip details into *myclimate.org* to see how you net out.

35. BUY CARBON OFFSETS. For a few extra bucks, you can invest in a project that counteracts the emissions generated from your trip. To find a reputable program, go to *green-e.org*.

36. VENTURE TO COSTA RICA, NAMIBIA, OR NEPAL. They've invested in conservation and eco-tourism, Hemley says. And it's paying off: Namibia's elephant populations have tripled in the past 25 years, while numbers in other African countries continue to decline.

37. BOYCOTT ENDANGERED SOUVENIRS. To help the 1 million species facing extinction, skip items made with coral, tortoiseshell, skins, feathers, and ivory.

MARTHA STEWART — CHANGE MAKERS

38. Connect with your political representatives.

Whether you voted for them or not, your councilperson, mayor, and congresspeople are in office to serve your interests. Hayhoe suggests joining a chapter of the nonpartisan organization Citizens' Climate Lobby to learn how to gain access to your people in power and start conversations that lead to action (*citizensclimatelobby.org*).

48. Vote with your values.

To find out how your reps fare and see their records on climate issues, type your zip code into the League of Conservation Voters' National Environmental Scorecard (*scorecard.lcv.org*). And show up for local elections to have a say in your area.

39. Rally your community.

"Transportation and energy decisions happen at local levels," says Yaggi. New projects, like pipelines or industrial plants, have long been subject to a public comment period or hearings, but federal regulations may be changing. Find out if either is scheduled, and if so assemble neighbors and show up with statistics.

40. THEN GO BIGGER. Organizations like 350.org, Fridays for Future, Extinction Rebellion, and the Sunrise Movement plan rallies and marches to make a lot of noise. "The most important thing you can do is join with others in building a movement that might actually change the political and economic ground rules," says McKibben.

41. Put it in writing.

Pressure from customers persuaded companies like Starbucks to ditch plastic straws. Last December, a Minnesota mom got nearly 500,000 Target shoppers to ask the retailer to nix plastic bags—and the company, which had already switched to partially recycled plastic bags, is working on a solution. Ask spots you frequent to make positive strides via social media, start a Change.org petition, or send postcards or emails straight to the CEO.

Improve your office.

42. RECYCLE TO THE MAX. As much as 90 percent of our workplace garbage is eligible, including the 350 pounds of waste paper per employee the average office creates each year.

43. SET UP A TERRACYCLE PROGRAM for trickier stuff like packing materials and plastic cutlery (see *terracycle.com* for details).

44. ENCOURAGE VIDEO MEETINGS TO CUT TRAVEL.

45. BRING YOUR LUNCH. You'll save on money and be zero-waste with that Tupperware and reusable flatware. Also, stop over-ordering food (or ordering it at all) for meetings.

46. Remind yourself why it's worth it.

"We have a treasure trove of nature in our own backyards," says Hemley of all the protected green spaces in this country. Spend time in them. When you pay admission to Yellowstone or Canyonlands (or any of our 62 national parks), you support America's best-ever idea and protect its future. To help maintain our rivers, streams, and trails, enlist in your local Waterkeeper group or park alliance. And tread lightly: Leave no garbage behind.

47. Teach girls.

Supporting their schooling and professional development is number six on Project Drawdown's list of biggest climate-change solutions. The reason: Educating girls is one of the best ways to slow population growth, thereby decreasing the number of humans on the planet by 1 billion by 2050. Donate to the Women's Environment & Development Organization to help programs globally with that aim (*wedo.org*).

49. Demand eco-justice.

Low-income communities tend to be closer to polluting facilities and projects, and significantly hotter (by up to 13 degrees, per one new study). "Be an ally," says Michele Roberts of the Environmental Justice Health Alliance. Volunteer with or donate to groups like hers that work to support them (*ej4all.com*).

50 Talk it up.

Enthusiasm is contagious. "Share what you're doing and why it matters," says Wilkinson. "That's where you start to see the ripple effect. If you keep it all to yourself, you're missing out on the biggest impact you can have."

OUR EXPERTS Katharine Hayhoe, PhD, climate scientist, Texas Tech University professor, and a principal investigator for the U.S. Department of the Interior's South-Central Climate Adaptation Science Center. **Ginette Hemley,** senior vice president of wildlife conservation at World Wildlife Fund. **Noah Horowitz,** director of the Center for Energy Efficiency Standards in Natural Resources Defense Council (NRDC)'s Climate & Clean Energy program. **Bill McKibben,** author, environmentalist, and cofounder of 350.org. **Kate Orff,** founder of the landscape-architecture firm Scape and a MacArthur fellow. **Michele Roberts,** national co-coordinator at the Environmental Justice Health Alliance. **Kathleen Rogers,** environmental attorney, advocate, and president of Earth Day Network. **Alice Waters,** chef, author, food activist, and founder of Chez Panisse, in Berkeley, California, and the Edible Schoolyard Project. **Katharine Wilkinson, PhD,** author, strategist, teacher, and vice president of communication & engagement at Project Drawdown. **Marc Yaggi,** executive director of Waterkeeper Alliance.

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CLASSIC COMBO
A chaise with a 19th-century silhouette done in a modern fabric is timeless. This piece by John Derian for Cisco Brothers is covered in a durable cotton-linen blend.

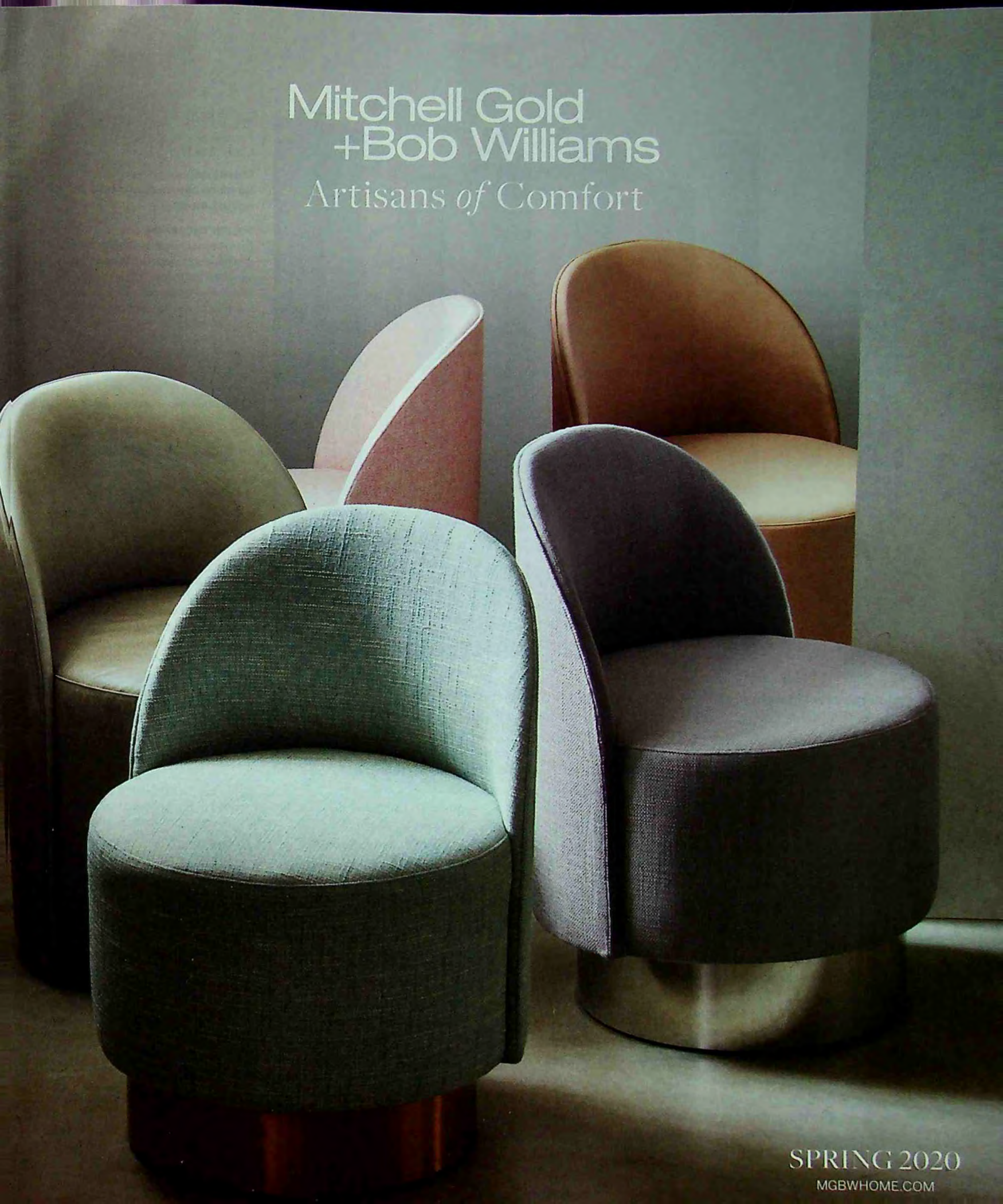
| THE WELL-KEPT HOME |

Lifetime Coverage

Reupholster your favorite pieces of furniture when they get worn, and they'll look wonderful for decades to come. We offer the full 101—from hiring a professional to picking fabrics—and share the simple DIY ideas you can absolutely do.

TEXT BY ELYSE MOODY

PHOTOGRAPH BY STEPHEN KENT JOHNSON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OPTIONS ABOUND

Before you settle on a pretty print or perfect shade, consider the best kind of fabric for your life. A sturdy linen is a reliable all-around choice; performance textiles or leather are wise if you have kids or pets. Save wool and silk for less-trafficked living- or dining-room seating.

WOOL Rogers & Goffigon Bechamel, in Araucana, price upon request, rogersandgoffigon.com.
PERFORMANCE Perennials Fabric Very Terry, in Paper Bag, from $77 a yd., perennialsfabrics.com.
LINEN Gray Lines Linen Home Furnishing Linen HF-0020, in Soft Emerald, $17 a yd., graylinelinen.com.
LEATHER Edelman Leather Luv-a-Bull, in Rawhide, from $32.50 a sq. ft., edelmanleather.com.
SILK Calico Francesca, in Duckling, $63 a yd., calicocorners.com.
VELVET Schumacher Rocky performance velvet, in Cadet, $87 a yd., decoratorsbest.com.

NEXT TO THE PLACE WE CALL HOME, furniture is one of the biggest investments we make. Yet we're surprisingly quick to throw it away: A staggering 20 percent of our garbage consists of durable goods, such as furnishings and appliances. And according to a 2018 customer survey in *Furniture Today*, we replace those items every 7 to 15 years. Rather than tossing an old bed frame or armchair, consider reupholstering it. You can do certain simple jobs yourself, but anything more complicated than a dining chair, footstool, or headboard (see page 42) is best left to a pro. A refresh can extend your piece's life span indefinitely. "Unless you have people jumping up and down on it, a well-made sofa can last a couple of decades," says New York City interiors and furniture designer Mark Cunningham.

Start with a solid item.

Inspect a candidate carefully, whether it's one you already own or a gem you spot in an antique mart or your parents' attic. To ensure it's well-constructed and worth the investment, check for these four criteria, says Martha's go-to expert, Luther Quintana, Jr., of Luther Quintana Upholstery in New York City: a hardwood frame that feels heavy and is put together with mortise-and-tenon, dowel, or tongue-in-groove joinery (no staples); spring coils; natural filling, such as down or horsehair; and fully removable cushions, or a padded seat and back with no cushions. Sofas with floppy, partially attached ones need not apply.

Find a reputable expert.

Poll friends, check Angie's List, and take Cunningham's advice: Ask local interior designers whom they trust for consistent quality. You can also gauge a company by inquiring about filling, says Newton, Massachusetts–based interior designer Erin Gates. Any foam should be eco-friendly (e.g., soy-and-petroleum based) and give when you sit down (some are quite hard and take ages to break in). Finally, stop by and see the workmanship firsthand.

SOFA UPGRADES

These inexpensive but impactful ideas can update a couch, top to bottom.

POLISH THE SEAMS
For a refined look, embellish plain stitching with decorative cording or welting. (Martha prefers this fabric-covered welting, which she has made for her sofas, to be a very narrow one millimeter wide.) Rows of tacks are another option. Conversely, you can have such trimmings removed for a minimalist effect.

Luther Quintana Upholstery welting *(top), 1 mm, lquphol stery.com.* **Samuel & Sons assorted trimmings,** *samuelandsons.com.*

CONSIDER THE CUSHIONS
Soy yours has a single one that's starting to sag in the middle (or, as they say in the trade, "smile"). You can convert it to two cushions (if it's a 60-incher) or three (if it's seven feet or longer). For a purely aesthetic upgrade, use patterned upholstery tape on the front edge.

REASSESS THE SURFACE
If you're having padding replaced, you can add or subtract tufts (the indentations with a button or thread in the centers), channels (those mod grooves), or pleats.

TAILOR THE SKIRT
Option one: Get rid of it. If your sofa has nice turned or tapered legs, have them sanded down and polished with a natural wax. Or keep it and accent the edge with fringe or embroidered tape.

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SLEEP EASY
To redo an existing padded headboard, pull off the old fabric and staples—we used the C. C. Osborn No. 120½ staple lifter ($21, *upholster.com*), which uproots them like a mini crowbar—and start at step 2 in our how-to.

THE DETAILS: Arteriors Kamile side table, *$1,820, arteriorshome.com.* **West Elm Arc Mid-Century sconce,** *in Antique Bronze, $80, westelm.com.* **Garnet Hill solid relaxed-linen shams,** *in Agave Green and Light Grey, from $59 each; and* **duvet cover,** *in Agave Green, $229, garnethill.com.* **Casper mattress,** *in full, $995, casper.com.*

HEADBOARD HOW-TO

We made this padded panel in under an hour.

1. PREP THE WOOD
Have **½-inch-thick plywood** cut 2 inches wider than your mattress and to the desired height. Coat one side of it with **spray adhesive.** Top it with **2-inch-thick foam** cut to the size of your plywood; press to adhere. Let dry.

2. ROUND THE EDGES
Spread **batting** on the floor. Lay the headboard on top, foam-side down. Trim the batting, leaving 5 inches of excess all around. Using a **staple gun** (our go-to is the Arrow Fastener T50ACD Compact Electric; $29, *homedepot.com*), fasten it to the plywood on one side, pulling it tight as you go. Repeat on the opposite side, then the remaining sides. Trim excess.

3. GIVE IT STYLE
Smooth your **fabric** with an iron, if needed, then repeat step 2 with it. We used Designers Guild Geo Moderne, in Pewter FDG2938-02 (price upon request, *designersguild.com*). When you reach the corners, fold and tuck it in neatly, as you would wrapping paper. Trim excess.

4. HANG IT UP
Screw one bar of a **French cleat** into the center of the headboard. Screw the other into the wall at your desired height. Slip the headboard cleat into the wall cleat.

Get a few quotes.

Ideally, three. To calculate them, upholsterers will ask for detailed measurements and photos (or come over and take some themselves). The total cost breaks down into labor, pickup/delivery, and fabric. Labor should be about a third of what your piece (or a current one of similar design and quality, if it's an antique) would cost new, says Quintana. If the padding or frame needs work, that number will go up. Pickup and delivery rates vary by region.

Chose textiles wisely.

Confirm the yardage with your upholsterer; then, rather than flipping through their swatches, source your own from a fabric retailer or discounter. (Material can cost as much as—or more than!—labor.) Two ways to economize: Choose a solid, or buck the tradition of precisely matching up a pattern; either means less fabric to buy. Factor in rub count, an industry measure of durability. Look for 20,000 minimum; performance fabrics can be 100,000 or higher. Before you commit, test your finalists at home. "Get the largest samples you can or buy a yard, and put them where the piece will go, to see the color in the light," says Gates, who also spills on them, scratches them with a fork, and crumples them, to ensure they'll stand up to her kid and pets.

Time it right.

Allow 6 to 16 weeks for the job, depending on your item's size and condition, and how busy your upholsterer is. Our advice: Send something major before a move or remodeling project—less heavy lifting for you, and the piece will be out of the way.

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MARTHA STEWART
American Made

MacGill has two gorgeous collections: a classic one that uses gold-filled wire, and a solid 14-karat one. Both are shown here.

THE DETAILS: Earrings and rings, *from $95 each;* necklaces and bracelets, *from $115 each, marymacgill.com.*

True Gems

Using only hand tools and a keen eye for color, designer Mary MacGill brings out the luminous beauty of each semiprecious stone she fashions into jewelry. Here's how she learned her craft, and turned it into her own kind of (beach) cottage industry.

TEXT BY ERICA SLOAN

PHOTOGRAPH BY LENNART WEIBULL

"It was a longtime dream of mine to have a store-slash-studio," MacGill says of the bright space in Germantown, New York, that she opened in 2017 (left and below). Her seasonal Block Island outpost is a fraction of the size. "When I'm there, I use my original workshop: my parents' converted garage," she says with a laugh.

ETHEREAL, ORGANIC, AND ONE OF A KIND, Mary MacGill's pieces are like the striking beach pebbles you keep and display forever. And that's exactly what inspires them. "I'm drawn to the ocean," says the Katonah, New York, native, who spent childhood summers on Block Island, Rhode Island. "Seeing light through stone gives me a sense of calm, like watching the sun reflect on water." To translate that feeling into jewelry, MacGill works with baroque pearls—the irregular, asymmetrical kind—and rounded cuts of semitransparent stones like quartz, moonstone, and amber. She wraps or threads them with gossamer gold wire (finessed with small pliers and hammers) to create drop earrings, delicate cuffs, and more.

MacGill learned the way of the wire from a master: the late Kazuko Oshima, a family friend known for binding oversize stone heart pendants in the material (she sold her work at Barneys New York). "She took me to tea at age 13, and said, 'Jewelers never tell their sources, but I'm going to let you in,'" says MacGill of her early mentor. Fast-forward to summer 2012. With two years designing at David Yurman and a stint in *Living*'s own crafts department under her belt, MacGill heeded the urge to "just do this jewelry thing." She sold pieces at Block Island farmers' markets and the store where she'd worked summers as a teen, and mere months later realized her passion could be a career: "It seemed like everyone in town was asking me to make their Christmas gifts!"

Today, MacGill has studios in Germantown, New York, and on Block Island, and a staff of six. Her work is stocked in boutiques like Clic in New York City and Erica Tanov in Berkeley, California, as well as shops in France and Japan. "We're a family," she says of her tight crew. "In the summer, between shifts, we take a walk on the beach or a dip in the ocean."

MacGill, who has a degree in painting, has always loved experimenting with color. To make her larger pieces, she'll place stones like green tourmaline and sky-blue aquamarine side by side, and see how they complement each other: "Pairing and grouping them is like creating a mini composition."

Grandma Was Right

Mimi, Nanna, Bubbie, Abuela: Whatever you call yours, she's wise in the ways of the world—especially when you're not feeling 100 percent. She'll prescribe hot lemon water or chicken soup, and new studies show she's clearly onto something. Her practical wisdom may do more than offer comfort, but also prevent sickness and speed healing. These are the greatest tips from the Greatest Generation.

TEXT BY NAOMI BARR

Drink honey with lemon for a sore throat.

Stirred into boiling water, these staples aren't just soothing; they can actively fight the throat irritation that comes with a cold or flu. Honey is a natural antibacterial and anti-inflammatory, properties that can help relax red, aggravated throat tissue and quiet your cough. Lemons contain vitamin C, which some studies suggest can reduce cold symptoms' duration. And the heat of the brew matters: In a 2008 study out of Cardiff University, in Wales, students with colds were given a hot drink (in this case, a quintessentially British mixture of fruit cordial and water) or the exact same tincture at room temp. While both sips relieved runny noses, coughs, and sneezes, only the hot one eased sore throats, too. The researchers suspect that, in part, the aroma of the tasty drink caused subjects to salivate more, thus lubricating their upper passageways. Regardless of the reason, "this is definitely a safe way to get some relief," says Jennifer Caudle, DO, a family physician and an associate professor of family medicine at Rowan University School of Osteopathic Medicine, in Stratford, New Jersey.

Eat chicken soup for a cold.

No matter what's in her secret recipe—egg noodles, matzo balls, or tortilla strips and a squeeze of

PHOTOGRAPH BY YASU + JUNKO

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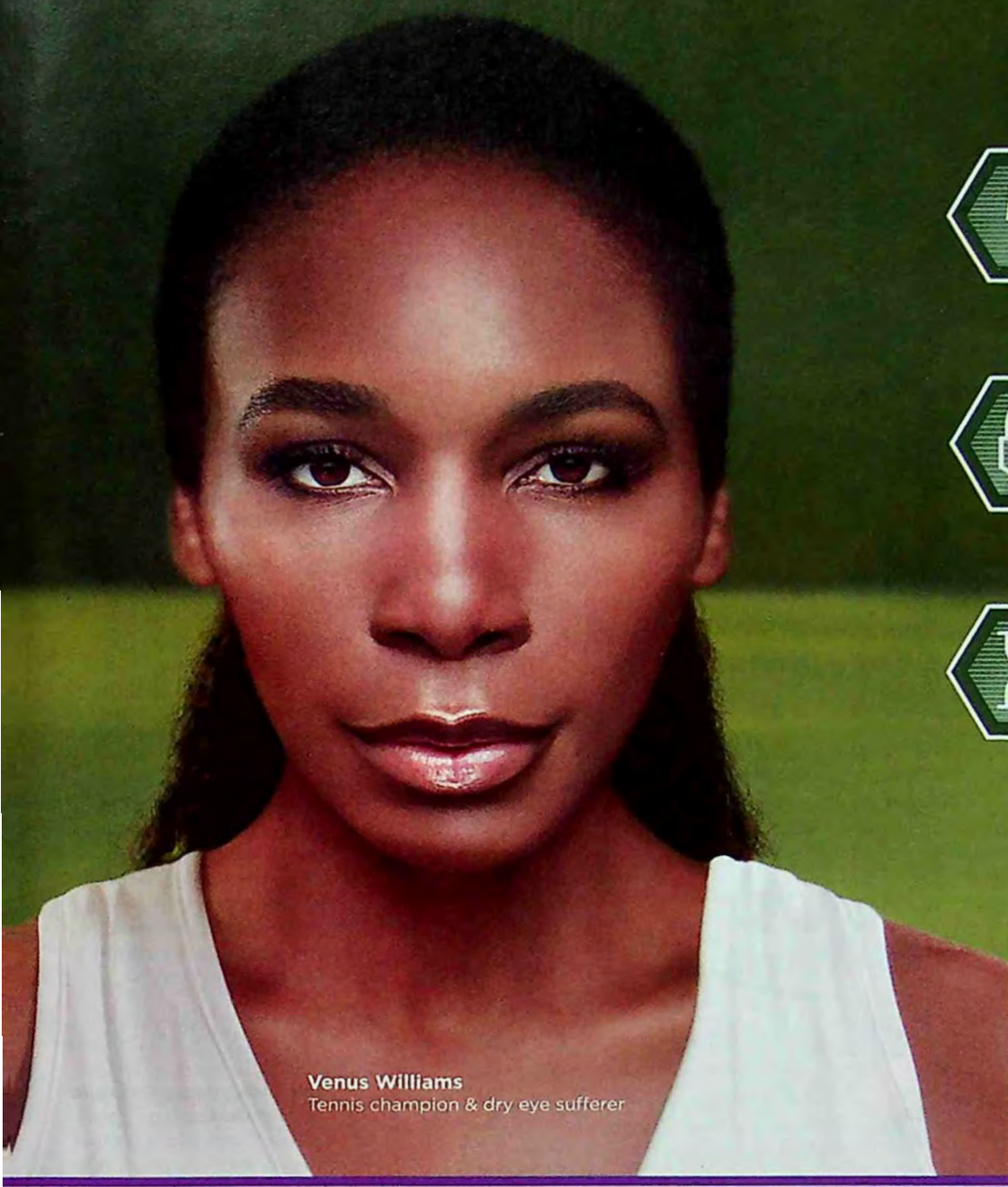

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FAUX LORE

Damp hair? Don't care. Science doesn't support these classic old wives' tales.

FEED A COLD, STARVE A FEVER.

Though preliminary research out of Yale University suggests that "starving" a fever caused by bacteria might help (they found the opposite is true with a virus), there's currently not much backing for either claim. "Here's the truth," says Caudle. "When you have a cold or fever, stay hydrated and well-nourished so your body has the strength to fight off the infection."

GREEN MEANS GO TO THE DOCTOR.

Verdant mucus doesn't unequivocally mean you need antibiotics. "The color is caused by an enzyme in white blood cells that gets produced when they encounter an infectious organism like a virus or bacteria," says Tylor. "But it can also occur when they confront an irritant like pollen or dust."

DON'T FORGET A SCARF!

This one's a doozy: Exposure to cold weather won't get you sick; only exposure to a virus or bacteria will. A Yale animal study did show that rhinovirus, the main cause of the common cold, thrives better in environments slightly cooler than our core body temperature, aka about the temp in our nose. That means keeping your nose a cozy 98.6 degrees could, theoretically, thwart germs. But no one has shown that wearing a scarf over your nose can do that, says Tylor. Also okay: going out with wet hair.

lime—a bowlful can mitigate cold or flu symptoms, per a 2000 lab study published in *CHEST*, the journal of the American College of Chest Physicians. Those researchers couldn't pinpoint exactly which of the soup's ingredients to credit for the anti-inflammatory effect—theirs had chicken, onions, sweet potatoes, parsnips, turnips, carrots, celery, parsley, salt, and pepper—but a later study published in the *American Journal of Therapeutics* suggests it's the chicken itself: A compound called carnosine, a component of proteins found in breast meat, appears to have the ability to fight off the flu virus in its early stages.

Swig castor oil to keep things moving.

There's no question that the stuff does its job well. So well, in fact, that in 2012 researchers at Germany's Max Planck Institute for Heart and Lung Research did a study on what makes the vegetable-seed oil such an effective laxative (and labor inducer). They found that its active compound, ricinoleic acid, binds to the smooth muscle cells in the small intestine (and similar ones in the uterus), causing them to contract—and keep contracting, till you expel what's inside. So why isn't it recommended more often these days? "It tastes terrible," says Jacqueline Wolf, MD, a gastroenterologist and associate professor of medicine at Harvard Medical School. "For occasional constipation, there are many products on the market, such as Senokot or milk of magnesia, that are just as effective but much more tolerable to ingest." Another naturopath-recommended use for the oil: If you have dry eyes, tap a few drops on your lids before bed.

Slip into a warm bath for just about anything.

Hydrotherapy has been hot for millennia, ever since ancient Greek physician Hippocrates prescribed it to his patients. But scientists are now exploring why soaks seem able to relieve pain, lower fevers, and promote better sleep. Last year, researchers at the University of Texas at Austin found that bathing in 104-to-109-degree water 90 minutes before bed can improve our overall sleep quality and help us fall asleep 10 minutes faster by raising, then lowering, our core body temperature, which tells our circadian clock that it's lights out. (Some research also suggests a warm bath may temporarily bring a fever slightly down.) The steam, meanwhile, can help loosen sinus congestion and get mucus to start draining, says Dale Amanda Tylor, MD, an otolaryngologist and head-and-neck surgeon in Santa Barbara, California. But don't toss your regular meds yet: "When you have a temperature, you're better off taking an over-the-counter fever-reducing medication to lower it," says Caudle. As for pacifying muscle soreness and joint pain (from exercise or an oncoming cold), one theory goes like this: The water's heat causes our blood vessels to dilate, which improves circulation to tissue, which in turn reduces pain.

Eat ginger to settle your stomach.

If Grandma played hoops, this would be her slam dunk. Numerous studies have shown that the root (fresh or dried) can be as effective as over-the-counter drugs at treating nausea, motion sickness, and even vomiting. Experts think the stomach-calming properties come mainly from two compounds: gingerols, which are most abundant in raw ginger, and shogaols, which are more concentrated in dried slices or powder. While there's no official dosage, 1,000 milligrams—or about a teaspoon of freshly grated ginger, four cups of prepackaged ginger tea, or two pieces of crystallized ginger—usually does the trick.

The Beautifier

Sheena Yaitanes
Founder of Kosas, Los Angeles

For Yaitanes, makeup was destiny. "My mom worked at beauty counters. I didn't know you could have just a cosmetics *bag*," she recalls with a laugh. "I had a rolling cart with drawers, and I learned every color and name." A child of Persian immigrants, Yaitanes was on track for med school, but the pull of that pushcart was too strong. After college, she got a job doing research in microbiology and genetics, earned an MBA, and, in 2015, launched her clean beauty line, Kosas. (Those premed studies paid off, though: She can translate an ingredient list like nobody's business.) The brand's first product—long-lasting lipsticks that feel creamy, not tacky—was an insta-hit. Dewy blushes, tinted face oils, and liquid eye shadows followed, earning glowing reviews for their light-as-air finishes and natural formulas. Part of her secret sauce: nourishing botanicals, like antioxidant-rich rosehip-seed oil and hydrating shea butter. "They just work better," she says. Performance is key in her style choices as well. "I am deeply committed to my personal comfort," she jokes of her penchant for body-skimming jeans, T-shirts, and sweats. To look good *and* feel good? Now that's a gift with purchase. —*Melissa Ozawa*

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Her Essentials

1 | Fortaleza tequila reposado
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$60, astorwines.com.

2 | Pillivuyt Eclectique dishes
"Eating is such an event. I want everything, including my dishware, to be as beautiful as possible."
$130 for a 5-piece place setting, williams-sonoma.com.

3 | Cuyana Panama hat
"The first step in sun care is avoidance. This hat helps keep me under cover."
$85, cuyana.com.

4 | Four Seasons Hotel Maui at Wailea
"I love all Four Seasons hotels, but especially this one. There's so much to explore."
From $649 a night, fourseasons.com/maui.

5 | *Food of Life*, by Najmieh Batmanglij
"My mom doesn't cook with recipes, which was so frustrating until I found this book. Now I can make my favorite Persian dishes from childhood."
Mage Publishers, $55, indiebound.org.

6 | Flora + Bast Age Adapting Sleep Tincture
"I keep it on my night table; it promotes good sleep vibes."
$77, floraandbast.com.

7 | Olive & June Nail Polish, in BP
"I wear this on my toes in the spring. It lasts a long time."
$8, oliveandjune.com.

8 | Kosas Tinted Face Oil
"This product started with a deep examination of human skin and its undertones."
$42, kosas.com.

9 | Kosas Weightless Lip Color, in Vegas
"I wear this shade every day, and sometimes top it with Wet Lip Oil, in Dip, for some shine."
$28, kasas.com.

10 | Levi's 501 Stretch skinny jeans, in Tango Light
"They're just the best, and age so well."
$98, levi.com.

11 | Brooklinen luxe sateen bedding
"I want my bedroom to feel as much like a hotel room as possible. These sheets are comfy and cooling to the touch."
From $149 for a queen set, brooklinen.com.

12 | Van Cleef & Arpels Sweet Alhambra butterfly bracelet
"I bought this when my daughter was born. It always reminds me of her."
$1,220, vancleef arpels.com.

13 | Anine Bing Fanny bag
"It's like a belt, and it lets me be hands-free."
$499, aninebing.com.

14 | Derwent Watercolour pencils
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15 | Intelligentsia coffee blends
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From $14 for 12 oz., intelligentsia.com.

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- Saxenda® and insulin should not be used together
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- It is not known if Saxenda® is safe and effective in children under 18 years of age. Saxenda® is not recommended for use in children

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What is the most important information I should know about Saxenda®?

Serious side effects may happen in people who take Saxenda®, including:

Possible thyroid tumors, including cancer. Tell your health care professional if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer.

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- **possible thyroid tumors, including cancer**
- **inflammation of the pancreas (pancreatitis).** Stop using Saxenda® and call your healthcare provider right away if you have severe pain in your stomach area (abdomen) that will not go away, with or without vomiting. You may feel the pain from your abdomen to your back
- **gallbladder problems.** Saxenda® may cause gallbladder problems, including gallstones. Some gallbladder problems need surgery. Call your health care provider if you have any of the following symptoms: pain in your upper stomach (abdomen), fever, yellowing of your skin or eyes (jaundice), and clay-colored stools
- **low blood sugar (hypoglycemia) in people with type 2 diabetes who also take medicines to treat type 2 diabetes.** Saxenda® can cause low blood sugar in people with type 2 diabetes who also take medicines used to treat type 2 diabetes (such as sulfonylureas). In some people, the blood sugar may get so low that they need another person to help them. If you take a sulfonylurea medicine, the dose may need to be lowered while you use Saxenda®. Signs and symptoms of low blood sugar may include: shakiness, sweating, headache, drowsiness, weakness, dizziness, confusion, irritability, hunger, fast heartbeat, and feeling jittery. You should check your blood sugar before you start taking Saxenda® and while you take Saxenda®
- **increased heart rate.** Saxenda® can increase your heart rate while you are at rest. Your health care provider should check your heart rate while you take Saxenda®. Tell your health care professional if you feel your heart racing or pounding in your chest and it lasts for several minutes when taking Saxenda®
- **kidney problems (kidney failure).** Saxenda® may cause nausea, vomiting, or diarrhea leading to loss of fluids (dehydration). Dehydration may cause kidney failure, which can lead to the need for dialysis. This can happen in people who have never had kidney problems before. Drinking plenty of fluids may reduce your chance of dehydration. Call your health care provider right away if you have nausea, vomiting, or diarrhea that does not go away, or if you cannot drink liquids by mouth
- **serious allergic reactions.** Serious allergic reactions can happen with Saxenda®. Stop using Saxenda® and get medical help right away if you have any symptoms of a serious allergic reaction
- **depression or thoughts of suicide.** You should pay attention to any mental changes, especially sudden changes, in your mood, behaviors, thoughts, or feelings. Call your health care provider right away if you have any mental changes that are new, worse, or worry you

Common side effects of Saxenda® include nausea, diarrhea, constipation, headache, vomiting, low blood sugar (hypoglycemia), decreased appetite, upset stomach, tiredness, dizziness, stomach pain, and changes in enzyme (lipase) levels in your blood. Nausea is most common when first starting Saxenda®, but decreases over time in most people as their body gets used to the medicine. Tell your health care professional if you have any side effect that bothers you or that does not go away.

Please see Brief Summary of Information about Saxenda® on the following page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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Saxenda® liraglutide injection 3mg

Brief Summary of Information about Saxenda® (liraglutide) injection 3 mg

Rx Only

This information is not comprehensive. How to get more information:

- Talk to your healthcare provider or pharmacist
- Visit www.novo-pi.com/saxenda.pdf to obtain the FDA-approved product labeling
- Call 1-844-363-4448

What is the most important information I should know about Saxenda®?

Serious side effects may happen in people who take Saxenda®, including:

Possible thyroid tumors, including cancer. Tell your healthcare provider if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer. In studies with rats and mice, Saxenda® and medicines that work like Saxenda® caused thyroid tumors, including thyroid cancer. It is not known if Saxenda® will cause thyroid tumors or a type of thyroid cancer called medullary thyroid carcinoma (MTC) in people.

Do not use Saxenda® if you or any of your family have ever had a type of thyroid cancer called medullary thyroid carcinoma (MTC), or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).

What is Saxenda®?

Saxenda® is an injectable prescription medicine that may help some obese or overweight adults who also have weight related medical problems lose weight and keep the weight off.

- Saxenda® should be used with a reduced calorie diet and increased physical activity.
- Saxenda® is not for the treatment of type 2 diabetes mellitus.
- Saxenda® and Victoza® have the same active ingredient, liraglutide.
- Saxenda® and Victoza® should not be used together.
- Saxenda® should not be used with other GLP-1 receptor agonist medicines.
- Saxenda® and insulin should not be used together.
- It is not known if Saxenda® is safe and effective when taken with other prescription, over-the-counter, or herbal weight loss products.
- It is not known if Saxenda® changes your risk of heart problems or stroke or of death due to heart problems or stroke.
- It is not known if Saxenda® can be used safely in people who have had pancreatitis.
- It is not known if Saxenda® is safe and effective in children under 18 years of age. Saxenda® is not recommended for use in children.

Who should not use Saxenda®?

Do not use Saxenda® if:

- you or any of your family have a history of medullary thyroid carcinoma.
- you have Multiple Endocrine Neoplasia syndrome type 2 (MEN 2). This is a disease where people have tumors in more than one gland in their body.
- you are allergic to liraglutide or any of the ingredients in Saxenda®.
  - Symptoms of a serious allergic reaction may include:
    - swelling of your face, lips, tongue, or throat
    - problems breathing or swallowing
    - fainting or feeling dizzy
    - severe rash or itching
    - very rapid heartbeat

Talk with your healthcare provider if you are not sure if you have any of these conditions.

- are pregnant or planning to become pregnant. Saxenda® may harm your unborn baby.

Before taking Saxenda®, tell your healthcare provider about all of your medical conditions, including if you:

- have any of the conditions listed in the section "What is the most important information I should know about Saxenda®?"
- are taking certain medications called GLP-1 receptor agonists.
- are allergic to liraglutide or any of the other ingredients in Saxenda®.
- have severe problems with your stomach, such as slowed emptying of your stomach (gastroparesis) or problems with digesting food.
- have or have had problems with your pancreas, kidneys or liver.
- have or have had depression or suicidal thoughts.
- are pregnant or plan to become pregnant. Saxenda® may harm your unborn baby. Tell your healthcare provider if you become pregnant while taking Saxenda®. If you are pregnant you should stop using Saxenda®.
- are breastfeeding or plan to breastfeed. It is not known if Saxenda® passes into your breast milk. You and your healthcare provider should decide if you will take Saxenda® or breastfeed. You should not do both without talking with your healthcare provider first.

Tell your healthcare provider about all the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements. Saxenda® slows stomach emptying and can affect medicines that need to pass through the stomach quickly. Saxenda® may affect the way some medicines work and some other medicines may affect the way Saxenda® works. Tell your healthcare provider if you take diabetes medicines, especially sulfonylurea medicines or insulin.

How should I use Saxenda®?

- Inject your dose of Saxenda® under the skin (subcutaneous injection) in your stomach area (abdomen), upper leg (thigh), or upper arm, as instructed by your healthcare provider. **Do not inject into a vein or muscle.**
- If you take too much Saxenda®, call your healthcare provider right away. Too much Saxenda® may cause severe nausea and vomiting.
- Never share your Saxenda® pen or needles with another person. You may give an infection to them, or get an infection from them.

What are the possible side effects of Saxenda®?

- **Saxenda® may cause serious side effects, including: possible thyroid tumors, including cancer.** See "What is the most important information I should know about Saxenda®?"
- **inflammation of the pancreas (pancreatitis).** Stop using Saxenda® and call your healthcare provider right away if you have severe pain in your stomach area (abdomen) that will not go away, with or without vomiting. You may feel the pain from your abdomen to your back.
- **gallbladder problems.** Saxenda® may cause gallbladder problems including gallstones. Some gallbladder problems need surgery. Call your healthcare provider if you have any of the following symptoms:
  - pain in your upper stomach (abdomen)
  - yellowing of your skin or eyes (jaundice)
  - fever
  - clay-colored stools
- **low blood sugar (hypoglycemia) in people with type 2 diabetes mellitus who also take medicines to treat type 2 diabetes mellitus.** Saxenda® can cause low blood sugar in people with type 2 diabetes mellitus who also take medicines used to treat type 2 diabetes mellitus (such as sulfonylureas). In some people, the blood sugar may get so low that they need another person to help them. If you take a sulfonylurea medicine, the dose may need to be lowered while you use Saxenda®. Signs and symptoms of low blood sugar may include:
  - shakiness
  - weakness
  - hunger
  - sweating
  - dizziness
  - fast heartbeat
  - headache
  - confusion
  - feeling jittery
  - drowsiness
  - irritability

Talk to your healthcare provider about how to recognize and treat low blood sugar. Make sure that your family and other people who are around you a lot know how to recognize and treat low blood sugar. You should check your blood sugar before you start taking Saxenda® and while you take Saxenda®.

- **increased heart rate.** Saxenda® can increase your heart rate while you are at rest. Your healthcare provider should check your heart rate while you take Saxenda®. Tell your healthcare provider if you feel your heart racing or pounding in your chest and it lasts for several minutes when taking Saxenda®.
- **kidney problems (kidney failure).** Saxenda® may cause nausea, vomiting or diarrhea leading to loss of fluids (dehydration). Dehydration may cause kidney failure which can lead to the need for dialysis. This can happen in people who have never had kidney problems before. Drinking plenty of fluids may reduce your chance of dehydration.

Call your healthcare provider right away if you have nausea, vomiting, or diarrhea that does not go away, or if you cannot drink liquids by mouth.

- **serious allergic reactions.** Serious allergic reactions can happen with Saxenda®. Stop using Saxenda®, and get medical help right away if you have any symptoms of a serious allergic reaction. See "**Who should not use Saxenda®**"
- **depression or thoughts of suicide.** You should pay attention to any mental changes, especially sudden changes, in your mood, behaviors, thoughts, or feelings. Call your healthcare provider right away if you have any mental changes that are new, worse, or worry you.

The most common side effects of Saxenda® include:

- nausea
- headache
- decreased appetite
- dizziness
- diarrhea
- vomiting
- upset stomach
- stomach pain
- constipation
- low blood sugar (hypoglycemia)
- tiredness
- change in enzyme (lipase) levels in your blood

Nausea is most common when first starting Saxenda®, but decreases over time in most people as their body gets used to the medicine.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of Saxenda®. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

Keep your Saxenda® pen, pen needles, and all medicines out of the reach of children.

For more information, go to saxenda.com or call 1-844-363-4448.

Manufactured by: Novo Nordisk A/S, DK-2880 Bagsvaerd, Denmark

More detailed information is available upon request.

Available by prescription only.

For information about Saxenda® contact: Novo Nordisk Inc. 800 Scudders Mill Road, Plainsboro, NJ 08536 1-844-363-4448

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PATENT Information:
http://novonordisk-us.com/patients/products/product-patents.html

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spring-sational bouquets

TULIP MAGNOLIA FLOWERING BRANCHES

Spring can always come early thanks to the allure of the Flowering Tulip Magnolia! In bud stage and in bloom, the satiny pink blossoms are a breathtakingly beautiful sight to see ... and smell! Arrange a few of these blossoming branches in a large, sturdy vase to create a striking, fragrant bouquet that adds both natural beauty and sculptural form to any decor. With impressive branches that grow up to 3 feet tall, we guarantee you'll create a show-stopping display your friends will envy – or your money back!

A special offer from our friends at White Flower Farm: Order online at marthastewart.com/flowering or call 800/420-2852. Item M058039 is $60 plus shipping. (Mention source code MSP01.) We ship approximately 4–6 branches that are approximately 2–3' long. Available January–April.

/ COUNTER INTELLIGENCE /

Built to Last

These innovations—skin-care goods that come in refillable containers, solid shampoos that suds like a dream—eco up your routine without sacrificing an iota of quality.

TEXT BY ERICA SLOAN

Get Your Fill

Some things are even better the second go-around. Just take these refillable programs: **L'Occitane Almond Milk Concentrate,** a gentle body moisturizer, comes in a glass jar. Once you've slathered on the last drop, order more in a recyclable pouch that weighs up to 97 percent less than the original vessel. ($54 for 7 oz.; $39 for refill, *loccitane.com*). **Recontained,** a beauty-and-home shop in Venice, California, lets you buy in bulk—and restock on its **Toasted Sun Coconut Body Sugar Scrub** in BPA-free packs you can return for reuse ($30 for 6.6 oz.; $26 for 8-oz. refill, *recontained.com*). Or pare down with **Kate McLeod's Daily Stone Moisturizer** (below): Glide the orb over dry spots—it lasts for months—then pop a new one in the bamboo box ($45; $38 for refill, *katemcleod.com*).

RAVE REVIEW

The Bar Is Set

"The first time I saw a solid shampoo, I thought it was genius. But each one I tried was drying, like bar soap posing as a hair product. The ones from **by Humankind** (left) and **HiBar** are the exceptions. Both sulfate-free formulas pack in oils like coconut for smoothness, and lather easily. The first comes with a water-absorbent dish made from sedimentary rock, while the second sits upright to help it shed excess moisture. Just wash, rinse, admire, and repeat." —*ES*
$15, byhumankind.com; $14, hellohibar.com.

QUICK FIX

FADE FIGHTER

If you're a member of the hair-coloring club for busy women, you know all too well that salon-fresh vibrancy is short-lived, thanks to showering, sunlight, styling tools, and the drying effects of the dye itself. For a tune-up between appointments, try Garnier Nutrisse Color Reviver. The five-minute mask hydrates with avocado oil and deposits nonpermanent pigments to brighten blondes and boost tone for brunettes and redheads. Swap it in for your usual conditioner 14 days after a color job, and every two weeks after that to deflect dullness.
In 5 shades; $8, garnierusa.com.

THIS EARTH DAY, SAVE SOME GREEN

This is the 50th Earth Day. That's pretty cool! Get in the spirit and save some green. New customers report average annual savings of over $500. Get a quote and see how much you could save.

GEICO offers paperless policy management.
Download the GEICO Mobile app today!

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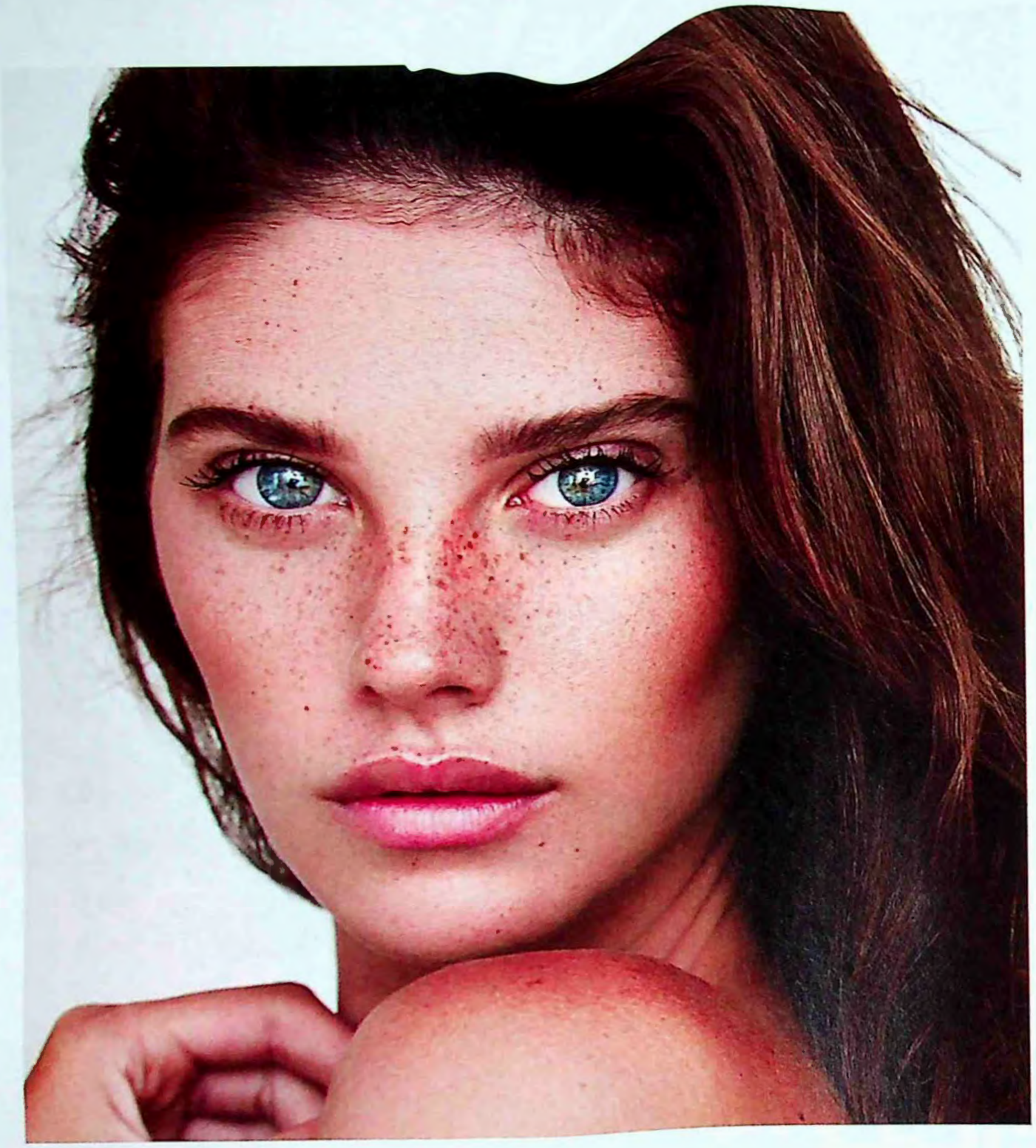
Some discounts, coverages, payment plans, and features are not available in all states, in all GEICO companies, or in all situations. The GEICO Mobile app and site received #1 rankings according to Dynatrace's 2018 Q1 Mobile Insurance Scorecard. Average savings amount based on national GEICO New Policyholder survey data through July 2019. GEICO is a registered service mark of Government Employees Insurance Company, Washington, DC 20076; a Berkshire Hathaway Inc. subsidiary. GEICO Gecko image © 1999-2020. © 2020 GEICO 20_229194



Clear Winners

Here's some head-turning news: A natural approach to makeup now comes without any compromises. Colors are richer, textures are creamier, and formulas deliver more nourishing ingredients than their predecessors did. To find the very best of the mineral- and botanical-based, our intrepid staff road-tested 60 new options for eyes, skin, and lips. Meet the earth-friendly elite.

TEXT BY CLAIRE SULLIVAN

WHEN YOU MUDDLE THROUGH ALLERGIES
IT THROWS EVERYONE OFF COURSE

STICK WITH THE CONSISTENT ALLERGY RELIEF OF ZYRTEC.®
ZYRTEC® starts working hard at hour one. It works twice as hard when you take it again the next day and stays strong day after day.

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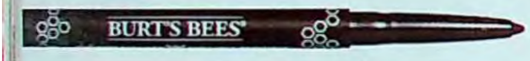
BRILLIANT BASES

Lorac Pro Foundation's finely pigmented formula camouflages dark circles with ease and won't crack by 5 p.m., thanks to moisturizing watermelon and apple extracts ($38, *lorac.com*). For lighter coverage, try **RMS Beauty**'s **"Un" Cover-Up Cream Foundation;** it's sheer and treats skin with antioxidants and coconut oil ($52, *rmsbeauty.com*).

FIRST-CLASS CONCEALER

Unlike its chalky forebears, **Clove + Hallow Conceal + Correct** measures up to our conventional MVPs, but with an ingredient list that's half as long. The vitamin-E-and-argan-oil-enriched tints soak in like eye cream ($20, *cloveandhallow.com*).



ONE-AND-DONE LINERS

Shea butter and jojoba oil help **Burt's Bees Defining retractable eyeliners,** available in six earthy shades, glide on without a glitch (shown in Brown Quartz; $13, *burtsbees.com*). **Ilia Clean Line Liquid Liner** placed first among fluids with its pliable tip and deep-charcoal tint ($28, *iliabeauty.com*).

SHEER PIONEER

Kosas Wet Lip Oil has the sheen of a gloss and the cushion of a balm. All five shades contain hyaluronic acid to draw in hydration, as well as konjac root to seal it in. Wear it alone, or over lipstick for shine and punch (shown in Fruit Juice; $27, *kosas.com*).

MARVELOUS MASCARA

The spiral of dense bristles on **W3ll People's Expressionist Volumizing Mascara** brush envelops every lash in pitch-black pigment. And extra props to the hourglass shape, which handles full swoops on top and precision work underneath ($23, *w3llpeople.com*).

ALL-STAR SHADOWS

When every color in a palette catches your eye, you know it's a keeper. The silky neutrals in the **Vapour Eyeshadow Quad** have amino acids to go gentle on lids, and look seamless—make that creoseless (shown in Archetype; $48, *vapourbeauty.com*).

HYDRATION HEROES

Whether you're shopping for natural makeup, skin-care, or hair-care goods, look for proven moisturizing ingredients like argan, avocado, and coconut oils; all of them have softening vitamin E.

Brought to you by Hair Food

PEERLESS POWDER

BareMinerals Original Loose Powder Foundation SPF 15 comes in 29 blink-and-it's-blended-in shades. Buff it on with a fluffy brush: It'll even out skin without settling in pores (shown in Neutral Dark; $32, *bareminerals.com*).

ULTRA-FLATTERING FLUSH

Step aside, silicones. Certified-organic sweet-almond, jojoba, rose-hip, and castor-seed oils give **Kjaer Weis Cream Blush** its incredible slip. Just dab and diffuse it with your fingertips. Blossoming (shown) looks luminous on any skin tone ($56, *kjaerweis.com*).

SUPREME SALVE

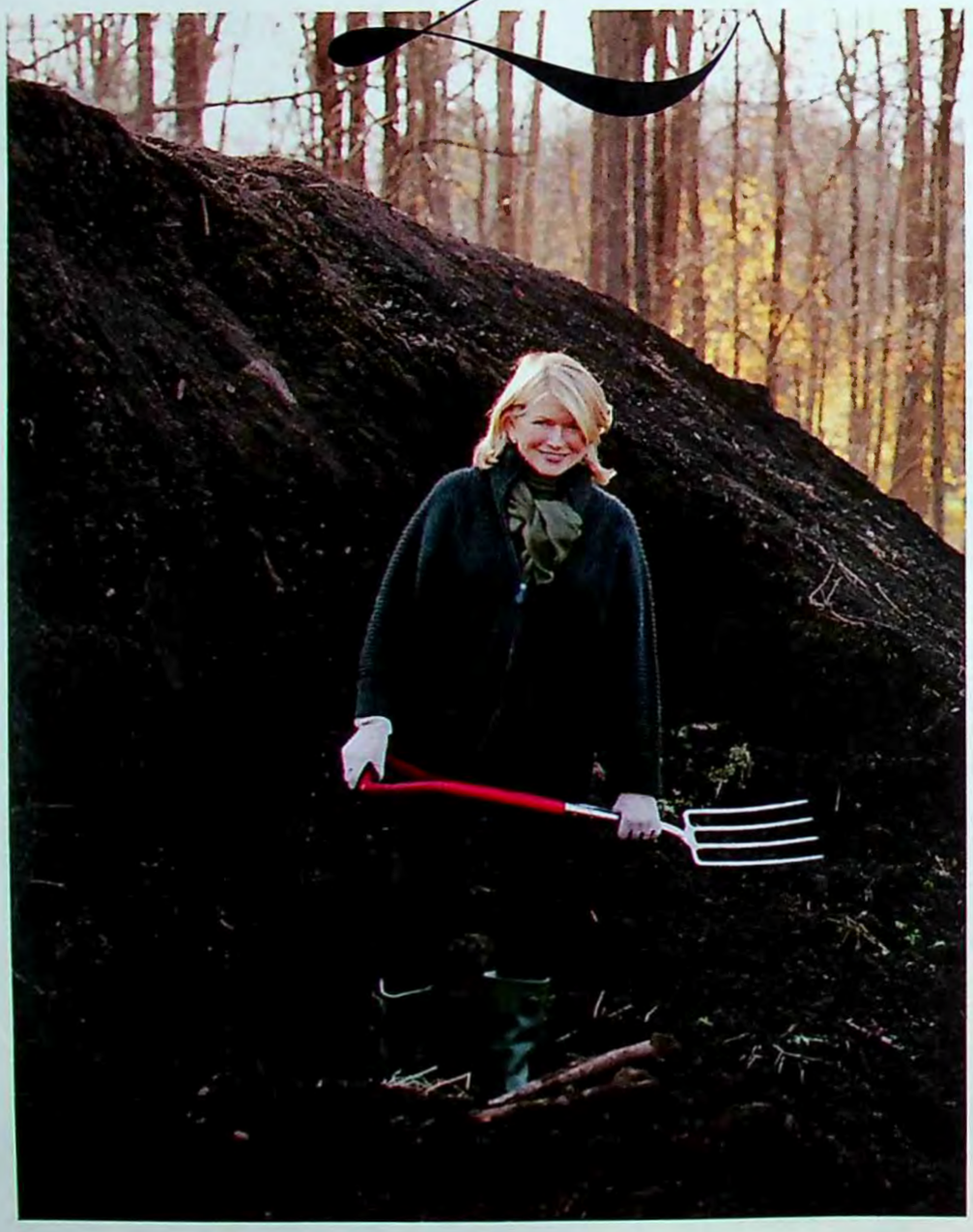
With eight plant-based oils and soothing chamomile and calendula, **Honest Magic Beauty Balm Stick** is a classic overachiever. Tap it on cheekbones for a not-too-shimmery highlight, or take it with you to treat dry lips or cuticles ($15, *honestbeauty.com*).

LOVELIEST LIP COLORS

Lipsticks that leave your smile in better shape after a full day of wear are rarities. **BeautyCounter**'s pretty offerings do it with buttery jojoba esters, and have a subtle natural vanilla scent (*from left:* in Rose, Twig, Orchid, and Petal; $32 each, *beautycounter.com*).

YOU CAN'T EAT THAT.
BUT YOUR HAIR CAN.
HAIR FOOD
Coconut Milk &
Chai Spice
NOURISHING CONDITIONER
SULFATE FREE
DYE FREE

Ask Martha



How do I start backyard composting?

—Jessica Antonini, Cheyenne, Wyo.

Breaking down organic waste, as opposed to dumping it in your trash, is a real win-win: You keep it out of landfills and create natural fertilizer for nourishing your garden or rejuvenating trampled grass. Darby Hoover, a San Francisco–based senior resource specialist at the Natural Resources Defense Council, shares her advice for turning scraps into soil-enriching gold.

1. START A HEAP Set up a compost container or drum, or fashion chicken wire into a three-foot-diameter circle, in a convenient spot. Toss in "greens" (aka fresh food waste, like carrot tops and coffee grounds) and "browns" (dry yard trimmings, dead leaves) in a 1-to-2 ratio, ending with the latter.

2. STACK STRATEGICALLY When you layer more waste on the initial pile, form it into a nest by arranging browns in a bowl shape, placing greens in the middle, and covering them with more browns. This will contain smelly contents and keep pests out.

3. TURN IT WEEKLY Use a shovel to swap the bottom part with the top (or crank the lever to rotate your drum), then cover with more browns. Overall, the mix should be as moist as a wrung-out sponge. Your compost will be finished in a few months, when it's a uniform blackish-brown color with a crumbly texture.

PHOTOGRAPH BY JOHN DOLAN

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Ultimate Protection
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USA PORK #1 INGREDIENT

A tasty treat you'll feel good about giving.

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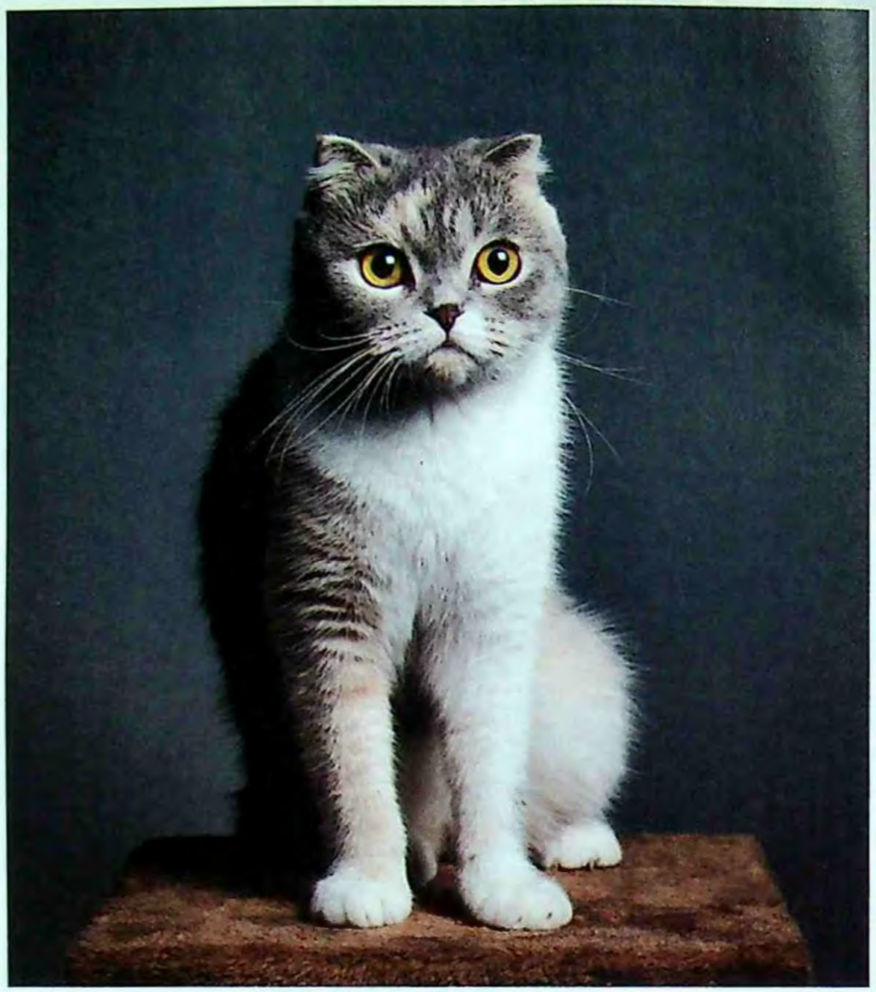

I think my cat is constipated. What can I do to help her?

—Erica Levinson, Reno, Nev.

Most healthy kitties take care of business at least once a day. If yours hasn't gone for more than 24 hours, or she's straining or vocalizing in her litter box, bring her to the vet. Although some causes of constipation are relatively innocuous—maybe her water intake has been low, or she overgroomed and ingested excess hair—it could also be a sign of a more serious condition. For example, kidney disease, diabetes, and various thyroid irregularities can trigger severe dehydration and slow things down, says Alene Opatut, a veterinarian at Red Bank Veterinary Hospital, in Tinton Falls, New Jersey. (And even a minor case, left untreated, can become a total blockage, requiring an enema or even surgery.) If little Luna is suffering from an underlying disease, your vet will treat it and then develop a game plan for keeping her well-hydrated on the daily. If she isn't, the typical way to get things moving is to serve her more wet foods and add a fiber supplement, like psyllium husk (dosing and frequency will depend on her size), to her meals, says Opatut.

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notebook

YOUR ESSENTIAL PLANNER { Events Ideas Products Offers }

VISIT MARTHASTEWART.COM/NOTEBOOK

California WALNUTS

TO KEEP WALNUTS FRESH, KEEP THEM COLD

Did you know? The best place to store walnuts is in your refrigerator or freezer. For short-term use, store in your refrigerator. For long-term use store them in your freezer.

For more visit **walnuts.org**.

FROM OUR FARMER-OWNED CO-OP TO YOUR TABLE.

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WANNA BLUR THE LINE BETWEEN WONDER AND WANDER?

Let the 2020 Travel Nevada Visitors Guide steer your journey through the Weirdest, Wildest West.

Come chase some horizons.
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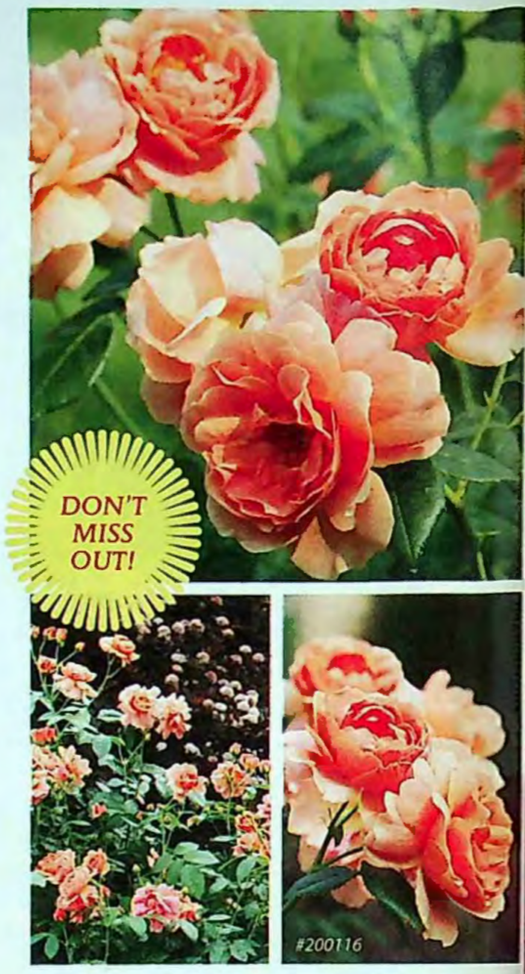
show-stopping blooms

ROSE AT LAST®



This carefree, reblooming Floribunda is a robust, disease-resistant addition to any garden! You'll enjoy clusters of fragrant flowers all season long, and each cupped, double bloom is crowded with petals. The blossoms arrive on bushy, easy-care plants that grow up to 3 feet tall. No spraying or pruning is needed, so even novice growers will discover success with this long-blooming variety. Your satisfaction is guaranteed – or your money back!

A special offer from our friends at White Flower Farm: Order online at marthastewart.com/atlast or call 800/420-2852. Item MO66871 is just $27.95 plus shipping. (Mention source code MSP04.) Ships as a one-gallon pot at the proper planting time for your Hardiness Zone.

| GARDENER'S TIP |

Take Root

Since lily bulbs love spring's mild weather, plant them now, while the soil is still cool and damp, and you'll have tall flowers come summer. "Pick a well-drained spot with full to partial sun, depending on the variety, and put them in the ground as soon as you get them," says *Living* features and garden editor Melissa Ozawa. "They lack a protective coating and can easily dry out or get damaged."

Help! I have bats in my house.

—Noelle Mackey, Santa Fe, N.M.

These unwelcome guests are actually eco-warriors that spread seeds and control insects with aplomb, so it's important to evict them without doing harm. Hire a local bat-exclusion professional for the job either in spring or fall, to avoid hibernation and maternity seasons. "Their technique involves placing one-way valves over all the openings—like eroded spots or construction gaps—that the animals used to enter," says Alyssa Bennett, a small-mammals biologist at the Vermont Fish & Wildlife Department. They'll exit to search for food, but won't be able to return. Bonus: Sealing these gaps reduces heat and air-conditioning leaks, which can cut energy costs.

LET US HELP YOU!

E-mail your questions to *Ask.Martha@meredith.com*, or send them to Ask Martha, c/o Letters Department, *Martha Stewart Living*, 225 Liberty Street, New York, NY 10281. Please include your full name, address, and daytime phone number. Letters and messages become the property of Meredith Corp. and may be published, broadcast, edited, or otherwise used in any of its media. By submitting your questions to Ask Martha, you are agreeing to let us use your name and hometown in connection with our publication of your questions.

MAKE IT EASY ON YOURSELF WITH

The Easter Cheesecake

RASPBERRY-LEMON CHEESECAKE BARS

Prep Time: 15 min. | **Total Time:** 6 hours 5 min. | **Makes:** 18 servings
(incl. refrigerating)

WHAT YOU NEED

2 cups graham cracker crumbs
1 cup plus 2 Tbsp. sugar, divided
6 Tbsp. butter, melted
3 cups (12 oz.) raspberries, divided
1 Tbsp. each zest and juice from 1 lemon
4 pkg (8 oz. each) PHILADELPHIA Cream Cheese, softened
4 eggs

MAKE IT

HEAT oven to 325° F.

LINE 13x9-inch pan with foil, with ends of foil extending over sides.

COMBINE graham crumbs, 2 Tbsp. sugar and butter; press onto bottom of prepared pan. Bake 10 min.

RESERVE 1/2 cup raspberries and 1 tsp. lemon zest for later us.

BEAT cream cheese, lemon juice, remaining zest and remaining sugar in large bowl with mixer until blended. Add eggs, 1 at o time, mixing on low speed after each just until blended. Gently stir in remaining raspberries; pour over crust.

BAKE 35 to 40 min. or until center is almost set. Cool completely.

REFRIGERATE 4 hours. Top with reserved raspberries and lemon zest.

Use foil handles to remove cheesecake from pan before cutting into bars.

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Everyday FOOD

COOK, NOURISH, ENJOY

To create this band of nuts, gently press small handfuls of chopped pecans into the lower third of the cake's frosting.

| RECIPE REVAMP |

Flying High

When you give **carrot cake** a hummingbird-inspired spin, it really takes flight. We stirred shredded coconut and puréed pineapple into our batter and swapped butter for oil to get a rich crumb and featherweight texture. Then we coated the classic frosting with chopped pecans and topped it with a nest of candied carrots. Now that's something to flap about.

TEXT BY CLAIRE SULLIVAN RECIPE BY GREG LOFTS

PHOTOGRAPH BY CHRIS SIMPSON

Ingredients

CAKE

- 1 cup vegetable oil, plus more for brushing
- 2 cups unbleached all-purpose flour
- 1 teaspoon baking soda
- 1½ teaspoons ground cinnamon
- 1½ teaspoons ground ginger
- ¾ teaspoon kosher salt
- 1½ cups granulated sugar
- 3 large eggs
- 2 teaspoons pure vanilla extract
- ¾ cup canned diced pineapple in juice, drained and puréed
- 3 cups finely shredded peeled carrots (from 1 bunch)
- 1 cup sweetened shredded coconut

FROSTING

- 1½ pounds cream cheese, room temperature
- 2 sticks unsalted butter, softened
- 2½ cups confectioners' sugar, sifted
- 2 teaspoons pure vanilla extract
- ⅔ cup whole pecans, toasted and finely chopped, for decorating (optional)
- Candied Carrot Curls, for decorating (optional; see recipe, right)

1 | Bake the Cake

Preheat oven to 350°. Brush two 8-by-2-inch round cake pans with **oil**. Line bottoms with parchment rounds; brush with oil. In a large bowl, whisk together **flour, baking soda, cinnamon, ginger,** and **salt** to thoroughly combine. In another bowl, whisk together **oil, granulated sugar, eggs, vanilla,** and **pineapple**. Stir wet mixture into flour mixture just until no dry flour remains (if you overmix, the cake will be tough). Fold in **carrots** and **coconut**. Divide mixture evenly between prepared pans, smoothing tops. Bake until cakes are puffed slightly and golden, and a tester inserted into centers comes out clean, 35 to 40 minutes. Let cool in pans on a wire rack 20 minutes. Turn cakes out onto rack, remove parchment, and let cool completely.

2 | Make the Frosting

In a bowl, beat **cream cheese and butter** on medium speed until **smooth**. Gradually add **confectioners' sugar** so it incorporates **evenly**, and continue mixing **until** smooth. Beat in **vanilla**.

FLUFF FACTORS

Our secret to a light cake consistency is twofold: The batter contains oil instead of butter, so it doesn't turn dense when you refrigerate it. PSA: This also allows you to make and frost the confection up to two days ahead. Second, shredding the carrots on the finer side of a box grater ensures that they'll blend right in with the sweetened coconut and puréed pineapple.

3 | Assemble & Decorate

Split cakes in half horizontally with a long, thin-bladed knife to create 4 layers. For an evenly stacked cake, place a bottom layer, bottom-side down, on a cake plate with edges lined with parchment strips (to catch excess frosting). Spread a scant 1 cup frosting over it. Place a top layer, top-side down, over frosting. Spread with a scant 1 cup frosting. Repeat with second top layer and more frosting. Stack last layer on top, bottom-side up. Spread a thin layer of frosting (the "crumb coat," which prevents crumbs from getting into the final frosting) over top and sides of cake. Refrigerate remaining frosting and cake until crumb coat is firm, 20 minutes. Smooth remaining frosting evenly over cake with an offset spatula. Refrigerate at least 30 minutes and up to 2 days, for clean slices and stay-put frosting. Press **pecans** evenly into bottom third of frosting. Pull away parchment; discard. Top with **candied carrot curls**.

For frosting that's supremely silky, with just the right amount of tanginess, our food editors like to use Philadelphia Original cream cheese.

Candied Carrot Curls

Save any residual simple syrup from this recipe to lend cocktails an earthy sweetness.

Preheat oven to 225°. Peel 3 large **orange** or **yellow carrots** into thin strips. In a saucepan, bring ¾ cup each **granulated sugar** and **water** to a boil, stirring until sugar dissolves. Stir in carrots; reduce heat to medium-low and simmer until very soft, about 20 minutes. Let cool in syrup 10 minutes. Drain. Arrange strips in a single layer on a wire rack set inside a rimmed baking sheet. Bake until tacky but no longer wet, 30 to 40 minutes. Working quickly, spiral carrots around the handle of a wooden spoon or your finger, and sprinkle with sugar to coat. (If strips harden before you curl them, bake for a few minutes to soften.) Let stand on a wire rack until crisp and dry, about 1 hour.

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| WHAT'S FOR DINNER? |

Plant on It

You don't have to be a vegetarian to love these meat-free meals. Spring forward with lemony leek-and-asparagus crispy rice, black-bean tostadas with cilantro and radishes, or ginger-infused tofu ramen bowls. The overjoyed omnivores at your table won't even know what's missing.

TEXT BY CLAIRE SULLIVAN
RECIPES BY LAURYN TYRELL

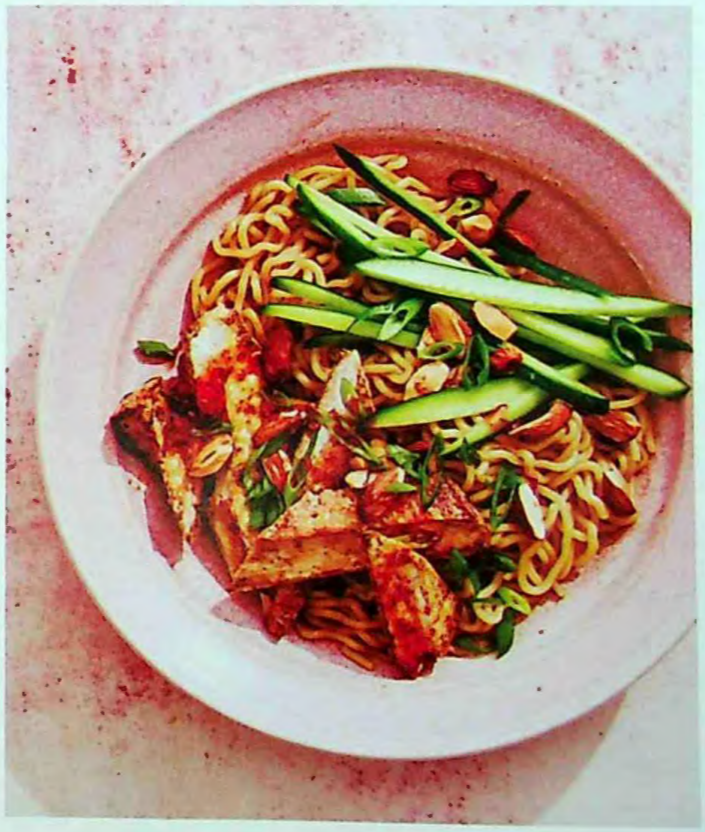
PHOTOGRAPHS BY REN FULLER

Cheese-Stuffed Tostadas

Leek-and-Asparagus Crispy Rice

Roasted-Shiitake "B"LTs

Gingery Tofu Ramen Bowls



Leek-and-Asparagus Crispy Rice

- 2 tablespoons unsalted butter
- 3 tablespoons extra-virgin olive oil
- 2 cups chopped leeks, white parts only (from 2 large)
- Kosher salt and freshly ground pepper
- 8 ounces asparagus, trimmed and cut into 2-inch pieces
- 3 cups cooked white rice
- 1 teaspoon grated lemon zest, plus 1 tablespoon fresh juice
- 1 cup blanched fresh or thawed frozen peas
- ⅓ cup grated Parmigiano-Reggiano, plus more for serving
- ½ cup chopped fresh parsley and dill, plus more for serving
- Fried eggs, for serving (optional)

1. Heat butter and 2 tablespoons oil in a large nonstick skillet over medium-high. Add leeks, season with salt and pepper, and cook, stirring often, until translucent, 3 to 4 minutes. Stir in asparagus and ½ cup water. Reduce heat to low, cover, and cook until asparagus is bright green and just tender, 3 to 4 minutes. Uncover, increase heat to high, and cook until most of liquid has evaporated, about 1 minute. Transfer to a bowl.

2. Return skillet to high heat; swirl in 1 tablespoon oil. Spread rice in a single layer; cook, undisturbed, until crisp in places, about 4 minutes. Stir in leek mixture, lemon zest and juice, peas, cheese, and herbs. Season with salt and pepper. Serve with more cheese and herbs, topped with a fried egg.

ACTIVE TIME: 30 MIN. | **TOTAL TIME:** 40 MIN. | **SERVES:** 4

Cheese-Stuffed Tostadas

- 2 tablespoons extra-virgin olive oil, plus more for brushing
- 1 clove garlic, peeled and sliced
- 2 tablespoons finely chopped fresh cilantro, plus leaves for serving
- ½ teaspoon ground cumin
- 1 can (15 ounces) black beans, not drained
- 1 tablespoon chopped chipotle chile in adobo sauce
- Kosher salt and freshly ground pepper
- 8 corn tortillas (5-inch)
- 5 ounces Monterey Jack, grated (1 heaping cup)
- Shredded lettuce, sliced radishes, and salsa, for serving

1. Heat oil in a skillet over medium-high. Add garlic and cook until just golden. Stir in chopped cilantro and cumin, then beans with liquid, chipotle, and ½ cup water. Season with salt and pepper. Bring to a boil, then reduce heat and simmer, stirring occasionally, until thickened, 6 to 7 minutes.

2. Preheat broiler. Place 4 tortillas on a rimmed baking sheet brushed with oil. Divide cheese among them, piled in centers, and top with remaining tortillas. Brush tops with oil. Broil, rotating sheet once, until tops are crisp, 3 to 4 minutes. Flip and broil until second sides are crisp, 2 to 3 minutes more. Smash beans with the back of a spoon and spread mixture over tostadas. Top with lettuce, radishes, salsa, and cilantro leaves; serve.

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 30 MIN. | **SERVES:** 4

Gingery Tofu Ramen Bowls

- 1 package (14 ounces) firm tofu, drained
- 6 tablespoons tamari or reduced-sodium soy sauce
- 3 to 4 tablespoons fresh lime juice (from 2 limes)
- ¼ cup pure maple syrup
- ¼ cup thinly sliced scallions, plus more for serving (from 2)
- 1 tablespoon grated fresh ginger
- 12 ounces dried ramen noodles (seasoning packet discarded), or 10 ounces fresh
- 2 tablespoons creamy almond or peanut butter
- 3 tablespoons vegetable oil
- Julienned cucumbers, chili oil, and chopped roasted almonds, for serving

1. Halve tofu horizontally, then again crosswise. Wrap in paper towels and weigh down between two plates to release liquid, 10 minutes. Meanwhile, stir together tamari, lime juice, maple syrup, scallions, and ginger. Cook ramen in boiling water according to package instructions. Drain and run under cold water.

2. In a large bowl, whisk nut butter with half of tamari mixture; toss with ramen and set aside. Heat oil in a skillet over medium-high. Add tofu; cook, flipping once, until very crisp, 6 to 8 minutes. Transfer to a plate. Discard oil; add rest of tamari mixture to skillet. Cook until thickened slightly, 2 minutes. Return tofu to skillet; turn to coat. Slice tofu; serve over ramen with cucumbers, additional scallion, chili oil, and nuts.

ACTIVE TIME: 30 MIN. | **TOTAL TIME:** 50 MIN. | **SERVES:** 4

Roasted-Shiitake "B"LTs

- 1 pound shiitake mushrooms, stems removed
- 3 tablespoons tamari or reduced-sodium soy sauce
- ¼ cup extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 4 thick tomato slices, such as beefsteak or heirloom
- ½ cup mayonnaise
- 1 tablespoon fresh lime juice
- 1 teaspoon sesame oil
- 8 slices sourdough bread
- Arugula, for serving

1. Preheat oven to 425°. Toss mushrooms with tamari and olive oil; season lightly with salt and pepper. Spread in a single layer, gill-sides up, on a rimmed baking sheet lined with parchment. Roast, undisturbed, until tender and beginning to crisp, 30 to 35 minutes.

2. Meanwhile, season tomato slices lightly with salt and pepper; set aside. In a small bowl, whisk together mayonnaise, lime juice, and sesame oil. Season lightly with salt and pepper. Toast bread, smear with mayonnaise mixture, and layer with tomatoes, mushrooms, and arugula. Serve.

ACTIVE TIME: 15 MIN. | **TOTAL TIME:** 45 MIN. | **SERVES:** 4

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Super Sprigs

With its delicate stems and leaves, **watercress** often gets the garnish treatment. But nutritionally speaking, it offers far more than a sprinkle of peppery flavor. For a dose of antioxidants and calcium, harness it by the handful in these energizing recipes.

TEXT BY CLAIRE SULLIVAN RECIPES BY GREG LOFTS

A Nourishing Sip

Watercress-Buttermilk Cooler

One serving of this invigorating drink (it's similar to chaas, a savory Indian yogurt) contains nearly a quarter of your daily calcium requirement.

In a blender, purée 1½ cups packed chopped **watercress**, ¾ cup **buttermilk**, and ¼ teaspoon **celery salt** until smooth. Pour over ice and serve immediately.

ACTIVE/TOTAL TIME: 5 MIN. | **SERVES:** 1

To maximize the crucifer's vitamin C benefits, enjoy it raw, says Bonnie Taub-Dix, an NYC dietitian-nutritionist.

A Low-Sodium Sauté

Watercress Stir-Fry

Ginger, garlic, and sesame oil impart bold flavor so you don't have to pile on the salt.

Heat a wok or cast-iron skillet over high. When wisps of smoke rise, swirl in 2 tablespoons **vegetable oil**. Add 2 teaspoons each minced **ginger** and minced **garlic**; cook until sizzling, 15 seconds. Add 2 bunches **watercress** (thick stems removed); season with **kosher salt** and freshly ground **pepper**. Cook, stirring, until greens collapse, about 2 minutes. Remove from heat; toss with 2 teaspoons **sesame oil**. Serve topped with **toasted sesame seeds**.

ACTIVE/TOTAL TIME: 15 MIN. | **SERVES:** 2

A Clean Lunch

Watercress Chopped Salad

Healthy fats and fiber from avocado and edamame make this dish filling enough to be a meal.

Place a heap of chopped **watercress** in a bowl. Top with **cooked edamame** and chopped **cucumber**, **celery**, **avocado**, and **green apple**. Drizzle with **fresh lemon juice** and **extra-virgin olive oil** to taste; season with **kosher salt** and freshly ground **pepper**.

ACTIVE/TOTAL TIME: 5 MIN. | **SERVES:** 1

PHOTOGRAPHS BY REN FULLER

Tangy citrus and spicy jalapeños

create the kind of tension you can cut with a pizza wheel

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BunnyLand
We're not here for a photo
The best holiday for chocolate.
Depending on who you ask.

April

"Flowers always make people better, happier and more hopeful; they are sunshine, food and medicine to the soul."

—Botanist Luther Burbank, *American Gardening*

PHOTOGRAPH BY NGOC MINH NGO

WHEN DAYS BECOME LONGER AND MILDER, LIVING FOR THE WEEKEND TAKES ON A WHOLE NEW MEANING. MAKE THE MOST OF A LEISURELY MORNING WITH THIS COLORFUL MENU. BURSTING WITH THE SEASON'S FRESHEST INGREDIENTS, IT'S SPECIAL ENOUGH FOR EASTER, OR ANY MIDDAY GATHERING WITH YOUR DEAREST BUDS.

PHOTOGRAPHS BY
CON POULOS

TEXT BY
MICHELLE SHIH

RECIPES BY
GREG LOFTS

Let's Do BRUNCH

LITTLE GEMS, ASPARAGUS, AND PEAS WITH CREAMY MUSTARD VINAIGRETTE

For all the recipes, see page 109.

GRACEFUL GREENS

How do you know you've transcended breakfast? This composed salad is the delicious giveaway. It's a pretty tumble of asparagus, peas, and Little Gem lettuces, which have the crunch of romaine but small enough leaves that you can serve them whole. The tangy mustard vinaigrette has a surprise ingredient: nigella seeds. They provide a delicate allium note—like scallions, only subtler.

CHEESY SPINACH-
POTATO EGG CASSEROLE

BEET BLOODY
MARYS

THICK-CUT BACON WITH RHUBARB CHUTNEY

MORNING GLORIES

Our egg casserole with spinach and potatoes is a fantastic one-dish meal on its own, but even better with the right drink in hand and a salty, savory side. Prepping it the night before means the potatoes stay submerged in the egg, so they don't oxidize, and a touch of nutmeg brings a hint of spice.

Beet juice gives our Bloody Marys their stunning color and sweetness, while puréed tomatoes provide tanginess and a silky texture. Make these ahead, too: The flavors will intensify as they meld. (You store the base in an airtight container for up to five days, serve it in a pitcher, and stir vodka into each glass.)

And there are so many reasons to bake bacon: less mess than on the stove top, less bacon odor permeating the kitchen (yes, there is such a thing as too much bacon aroma), and you can cook a big batch at once. The oven's especially good for the meaty, extra-thick center-cut style, which our food editors call "fork-and-knife bacon," because the indirect heat lets it cook through without crisping. Meanwhile, the rhubarb-chutney glaze forms a glossy sheen—specked with ginger, shallot, and chile pepper, it makes the smoky strips even more lip-smacking.

BASIL-YOGURT PANNA COTTA WITH GRAPEFRUIT GELÉE

BLUSHING BEAUTIES

On the brighter side, these pink pannas cottas are the elegant equivalent of yogurt, fruit, and granola parfaits. Chilling grapefruit gelée until it's partially set, then tipping in basil-infused yogurt, allows the two to form pretty, abstract swirls. Lay a few grapefruit supremes on top, and your guests' palates are in for a sweet surprise.

SLICES OF HEAVEN

To end on a rich note, set out this babka-inspired bread. Don't be deterred by the cut, twist, and braid technique—it's a walk in the park if you follow along with our video (go to *marthastewart.com/swirlbread*). It distributes the chocolate-cinnamon spirals evenly, so you get some in every yeasty, pillowy bite.

CHOCOLATE-CINNAMON SWIRL BREAD

MORE BRUNCH IDEAS

Hover your smartphone over this code for a selection of egg-stra Easter recipes—no special app needed.

Set Up for a Soft Landing

This fuzzy little felted chickadee is highly detailed (and from John Derian), but any fledgling crafter can DIY her plush pad. Follow the steps below loosely—no need to be precise (wing it!). As for the quail eggs inside, we dyed a few yellow to darken their natural speckles, colored the spots on others with a gold-leaf pen, then tucked them all in with delicate andromeda clippings.

1. Stretch wool roving over a store-bought grapevine nest.
2. Carefully poke a felting needle back and forth between the twigs, through the nest and roving, until the fibers fluff up and fuse together (aka "felt").
3. Continue all the way around to create a downy outer layer.

THE DETAILS: Dimensions earth-tone roving rolls, *$7 for 12 colors; and* **Krylon leafing pen,** *in Gold, $11, michaels.com.* **Factory Direct Craft natural gropevine bird nest,** *5", $35 for 6, factorydirectcroft.com.*

NESTING
Instinct

This Easter, make like a mama bird when decorating your place. Gather a few simple yet stunning materials, and weave them into these poetic, plucked-from-nature displays. They'll sit pretty all season long.

PHOTOGRAPHS BY DOMINIK TARABANSKI
TEXT BY PETRA GUGLIELMETTI
CREATED BY TANYA GRAFF & SILKE STODDARD

Branch Out

Flowers this free-spirited call for an equally earthy vessel. We slid three grapevine wreaths over a round glass vase of water, then put a ball of chicken wire inside to prop up the wispy stems of hellebore, clematis, nigella, scabiosa, spirea, and garlic blossom. The result is a lush mini meadow in full bloom.

THE DETAILS: Ashland grapevine wreaths, *14"*, $5 *each, michaels.com.*

Play With Patterns

Wrapping paper is the building material for this artful centerpiece. Pick colors that echo your linens, and form shreds into a nest. Anchor it with découpaged eggs, then set everyone's place with a fritilloria stem or two—and you've just decorated your table for a song.

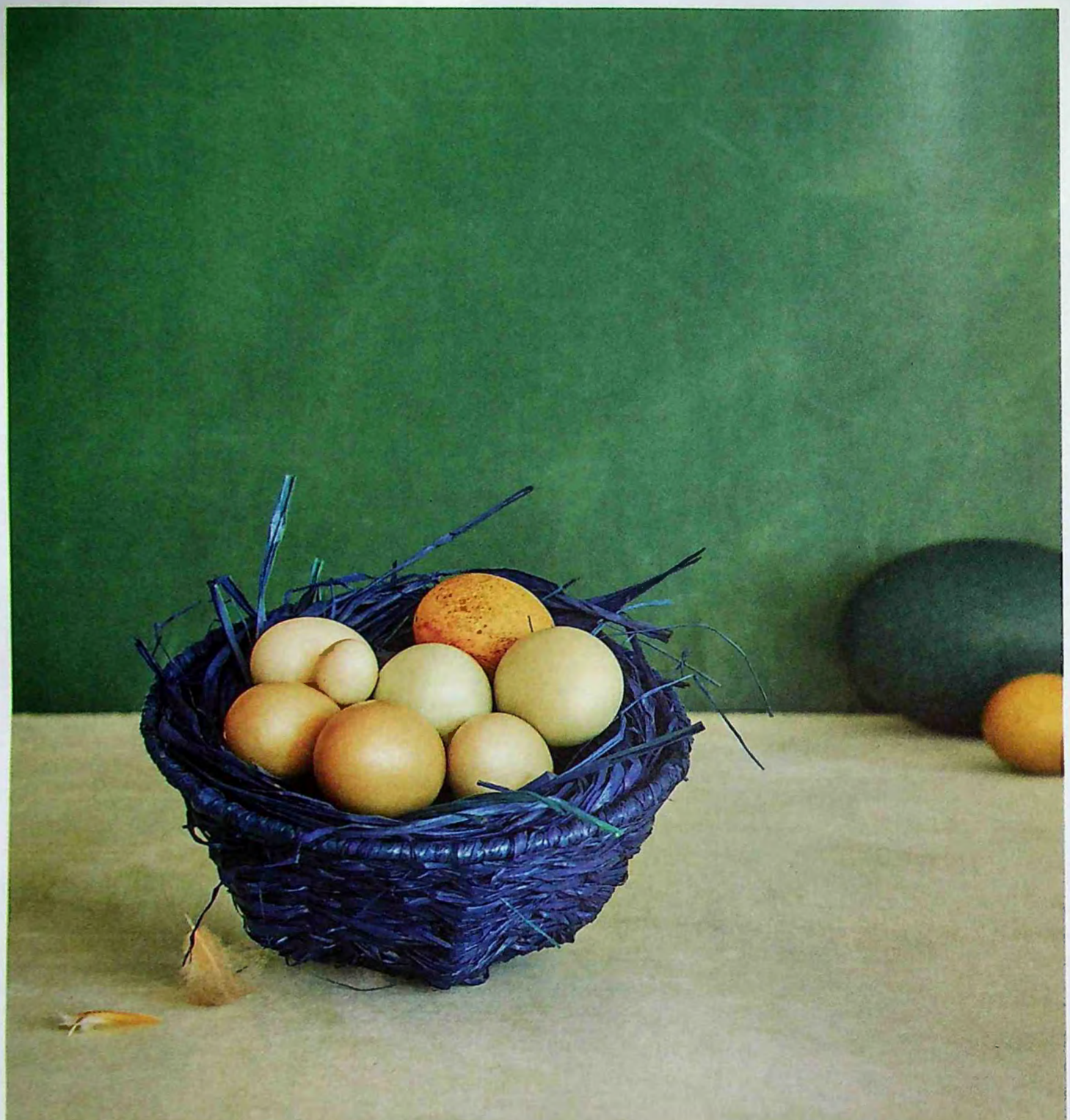
1. Cut paper into strips about two inches long and a quarter-inch wide.

2. Brush them with matte découpage glue and smooth onto papier-mâché eggs; let dry.

3. Snip sheets of another pattern into about 60 strips, each ⅜ inch wide and 18 inches long, with scissors or a paper trimmer. (You can use a shredder, too.)

4. Twist the whole bunch in your hands, as if you were putting your hair into a bun, then nestle the swirl in a shallow bowl. Top with eggs.

THE DETAILS: Gift & Creative Papers, *in William Morris (for eggs), $16 for 12 sheets, store.metmuseum.org.* **Jamali Garden white papier-mâché eggs,** *$5 for 12, 201-869-1333.* **Smudge Ink Ferns gift wrap** *(for nest), $4 for a 19"-by-27" sheet, smudgeink.com.* **John Derian and Astier de Villatte plates,** *$132 each; and* **soup bowls,** *$128 each, johnderian.com.* **Walter G. Granada linen,** *in Moss (used as tablecloth), walter-g.com.* **Crate & Barrel Helena linen dinner napkins,** *in Soge Green (similar to shown), $8 each, crateandbarrel.com.*



Tangle Up Some Blue

To play up the beauty of neutral eggs, introduce a jewel tone. This gem of a nest was fashioned from indigo-colored raffia and one tier of a hanging wire fruit basket, ideal for its bowl shape and big openings. Snip off the hardware with clippers, then work the raffia over and under in alternating rows to create a basket-weave pattern. Don't worry if you skip holes here and there; a little unruliness ups the charm. Last, put an extra bundle of raffia inside to give your clutch a lift.

THE DETAILS: Bee & Willow Home iron fruit basket, *$20, bedbathandbeyond.com.* **Dick Blick Art Materials raffia,** *in Harbor Blue, $10 for 12 oz., dickblick.com.* **Assorted eggs,** *from $8 for 12, nakedeggs.etsy.com.*

Swing Into Spring

In Germany and Scandinavia, it's a custom to decorate an Easter tree with postel eggs. Our take features tiny nests that hummingbirds might call home.

1. Place flowering branches, such as cherry or quince, in a vase.

2. Stuff mini nests with dried moss and foam eggs. Nestle some into the forks of the branches.

3. To suspend others, poke three twigs from your yard into each nest, pushing gently till they catch in its layers. Then tie the other ends together with card, slide them onto the branches, and set them afloat.

THE DETAILS: Factory Direct Craft natural twig bird nests, *2.5", $21 for 12;* **miniature brown speckled artificial eggs,** *$6.25 for 12; and* **waxed linen cord,** *in Brown, $3.75 for 25 yd., factorydirectcraft.com.* **Terrain preserved reindeer moss,** *$8 for 2 oz., shopterrain.com.*

Gold Leafing

For Jones, her mother's rendition of Lancashire hot pot is comfort in a deep dish: She grew up eating it whenever she felt under the weather. The lamb-based stew is traditionally made without a crust, but she loves how hot-water pastry, often used to encase cold meat pies, enriches it with warm, flaky bites. The top has a few layers of shingled potatoes (run against a mandoline to create flash-card-thin slices) and a braided pastry border and petals, fashioned from leftover crust dough.

Show of Hands

Julie Jones has a way with dough. Scroll through the British baker's Instagram feed, and you'll marvel at the way she transforms humble ingredients into creations that are *almost* too pretty to eat. In her new book, *The Pastry School: Sweet and Savoury Pies, Tarts and Treats to Bake at Home*, she teaches the clever methods that yield spectacular-looking results and 56 recipes. This peek inside is just a taste.

PHOTOGRAPHS BY PETER CASSIDY

Inspired Cuts

"Decorating pie tops is a favorite pastime of mine," Jones writes. "I find that creative freedom gives way to an open and clear mind. For a fully covered pie that has intricate décor, I lay the flowers, tiles, spirals, or lattices on top of a thinly rolled piece of pastry, then transfer the finished design to the prefilled base afterward." Her trusty tools include egg wash to bind shapes and give every crust a warm glow (1); a specialty cutter for leaves (2); an inverted pastry tip to stamp out circles (3); a sharp knife (4); a pastry wheel (5); and a wooden ruler for measuring tiles and other repeating shapes (6).

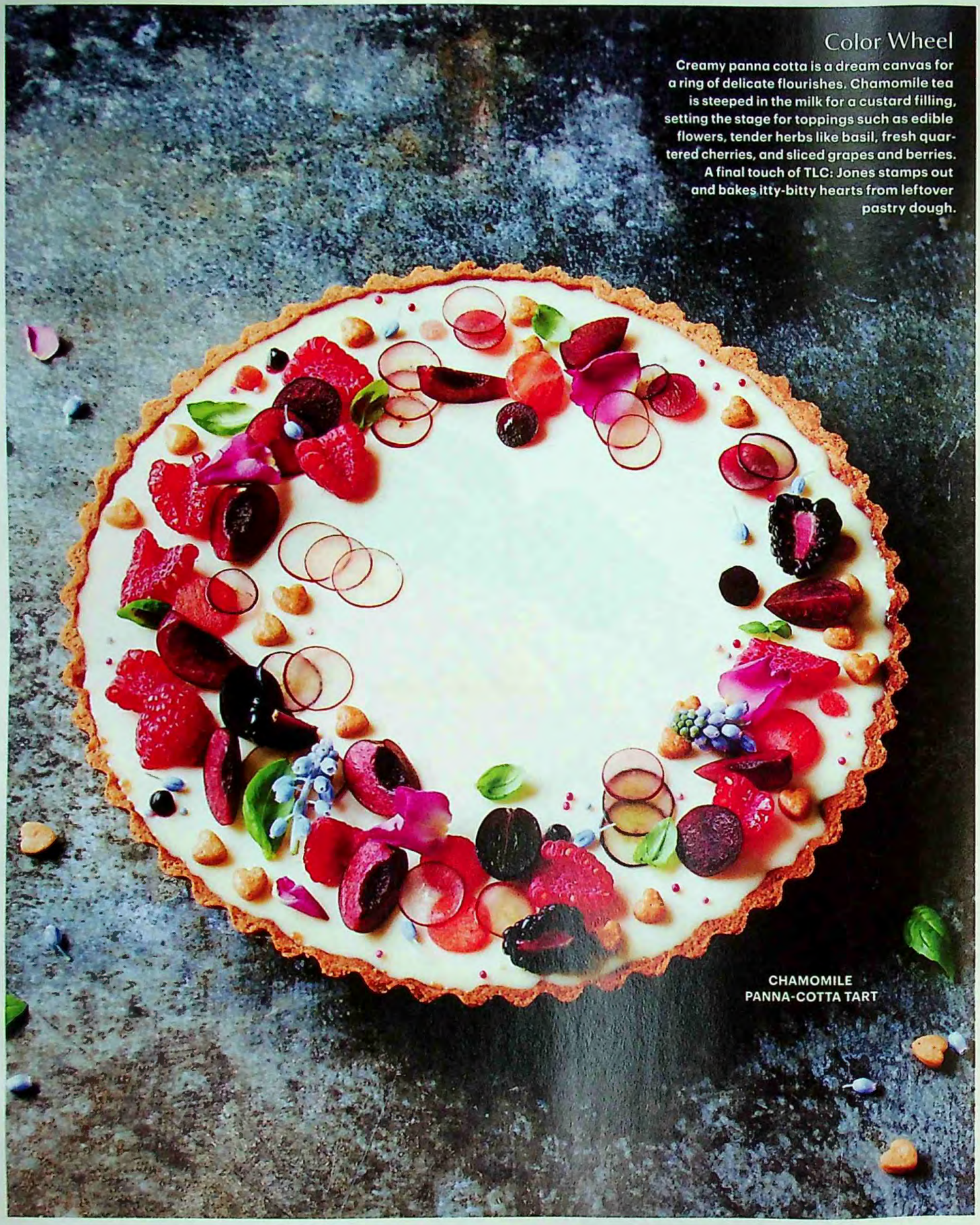
FOR JULIE JONES, A BRITISH MUM of three who lives in Cumbria, baking with pastry is totally meditative. She discovered its powers when she realized it was a magical way to connect with her mother, who suffered from dementia. Jones began chronicling their collaborations on Instagram and then turned that into her first cookbook, *The Soulful Baker.* Along this path, she also became an ace troubleshooter, and that hard-earned wisdom fills the pages of her new volume, *The Pastry School.* "I have willingly encountered every problem possible during testing, so you don't have to," she says. "I have seen puff pastry rupture and choux buns deflate, and I have had more tears in my sheet pastry than a colander has holes. But with contemplation and patience, I believe I have eliminated the cause of each one." With her easy instructions and helpful insights, exquisite results are well within reach for everyone.

Reprinted with permission from *The Pastry School: Sweet and Savoury Pies, Tarts and Treats to Bake at Home,* by Julie Jones, photographs by Peter Cassidy. Published by Kyle Books, April 2020.

CHICKEN, CHORIZO, AND SPINACH PIE

Tile Style

Don't let the "latticework" on this shortbread crust intimidate you: The trick is you just measure and cut small rectangles from a single sheet, and piece them together in any pattern you like on a thin round pastry "lid." (Jones calls this a parquet effect.) Roasted chicken, smoky chorizo, and baby spinach mix with aromatics in the filling. Jones roasts a whole bird—for tastier, juicier meat—and stirs the pan drippings into the pie's mustardy serving sauce.



Color Wheel

Creamy panna cotta is a dream canvas for a ring of delicate flourishes. Chamomile tea is steeped in the milk for a custard filling, setting the stage for toppings such as edible flowers, tender herbs like basil, fresh quartered cherries, and sliced grapes and berries. A final touch of TLC: Jones stamps out and bakes itty-bitty hearts from leftover pastry dough.

CHAMOMILE PANNA-COTTA TART

GET ROLLING

Simply hover your phone over this smart code to get all the recipes in this story.

PISTACHIO TART WITH RHUBARB TILES

Modern Masterpiece

For this dazzling design, cut rhubarb stalks into tiny cross sections, and curl thin slices of poached apple into rosebuds. As you arrange the pieces over the nutty frangipane filling, work from the outer edges in, leaving a diagonal strip for the ravishing focal point. Tightly nestle in the apples, along with blackberries and pastry leaves, then brush on a gingery syrup before baking. Just add pistachio slivers to serve.

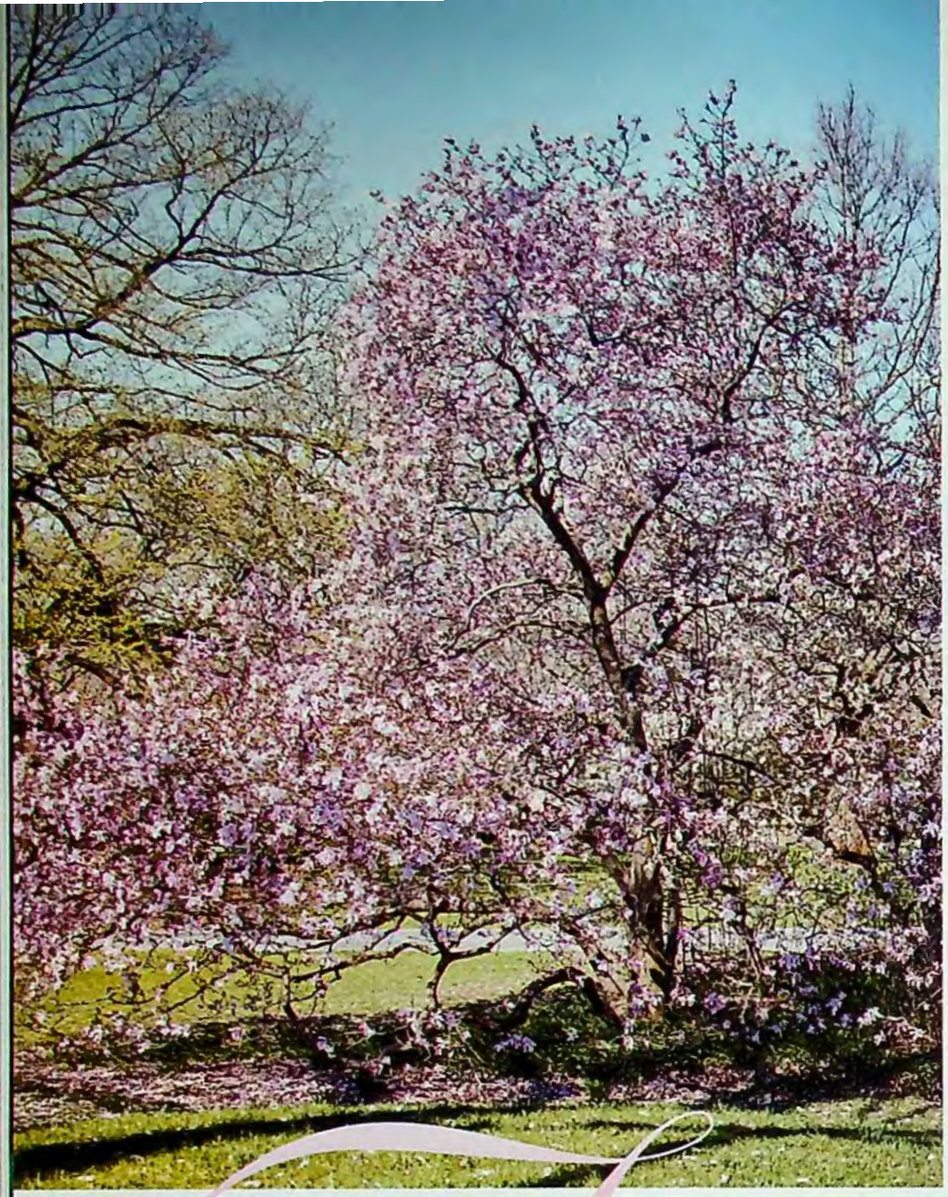
LIVING Legends

When magnolias bloom each spring, their breathtaking beauty makes the world feel brand-new. But their roots stretch back millions of years—so far back, in fact, that triceratops may have nibbled on them. Take a closer look at these amazing trees, and learn how to grow a knockout of your own.

PHOTOGRAPHS BY NGOC MINH NGO
TEXT BY LISE FUNDERBURG

FOREVER YOUNG

This saucer magnolia (*Magnolia* x *soulangeana*) was planted at Wave Hill garden in New York City about 70 years ago. Fragrant mauvy-pink flowers emerge early in the season, which makes it one of the most popular deciduous varieties available today. *Opposite:* A later-blooming shrub from Asia, the deciduous *M. sieboldii* was originally an understory plant in forests. Its nodding white flower is easier to see than more upright blooms, and its leaves have an elegant silvery underside.



TREE OF LIFE

***Magnolia x loebneri* 'Leonard Messel' is one of the smallest and hardiest varieties at Wave Hill. Its star-shaped flowers each feature 10 to 15 strappy petals, and it's less susceptible to frost than many of its relatives. "It looks all dressed up for a party when you see it in bloom," says Louis Bauer, the garden's director of horticulture.**

O SAY THAT MAGNOLIAS look pretty darn good for their age is a vast understatement. They're thought to be the oldest flowering plant on Earth, dating back around 145 million years. They appeared just after ferns and conifers and stood among dinosaurs. For more mind-blowing perspective, consider that beetles served as their first pollinators—since bees wouldn't show up for about another 15 million. Magnolias are versatile, too. They can be cultivated as trees, shrubs, or container plants. Their flowers can be white, pale pink, rich yellow, and deep magenta. And their extracts have been used to treat rheumatism, flavor miso, and formulate countless perfumes. Some deciduous varieties can survive hundreds of miles north of the Mason-Dixon Line; others tolerate enough pollution to thrive in city gardens. And many of the two-hundred-plus species are precocious spring bloomers, meaning their flowers announce themselves well before the tender leaves have sprouted.

To encounter these arboreal superstars en masse, head to Wave Hill, the 28-acre estate-turned-public-garden in the Bronx, New York, where Magnoliaceae are a celebrated attraction. The site's original head gardener, Marco Polo Stufano, planted dozens when the place opened to visitors in the late 1960s, including a cluster of small star magnolias (*M. stellata*) on the front lawn. He also inherited a stalwart *M. denudata* that stands sentry at the entrance, and which Stufano estimates is about 100 years old. It gives an early—and flamboyant—show every April. "We thought it was going to leave us long ago," he says. "But it powers on."

"If the trees are magnificent, the blooms are sublime," says Wave Hill's current director of horticulture, Louis Bauer. "Look closely and compare them," he says. "They all have the same parts, but in wildly different shapes, geometries, and colors." To expand that range, breeders have introduced a surge of hybrids in the past 25 years, including an array of coveted yellow varieties, such as 'Elizabeth', 'Butterflies', 'Judy Zuk', and 'Woodsman'. "But I have a soft spot for the white-petaled hybrid x *wieseneri*," Bauer says of a rare, late-blooming cultivar introduced in 1889 at the Paris World Exposition (shown, opposite). "It has an Elizabethan collar of red stamens at the center, and it seems like a gift when it blooms in the summertime."

To grow your own beauties, learn the basics. They fare well in many regions; even the classic southern magnolia (*M. grandifolia*), with its dark, waxy leaves and voluptuous white petals, can flourish as far north as lower New England. Once established, the trees are remarkably hands-off, as long as they're well-situated in your yard. Some varieties can handle a little frost, while others need to be sheltered from cold winds. When you find one you like, check the plant tag and talk to an expert at the nursery to see how big it will grow and what its branching will be like, says Bauer: "Be sure to know more than just the cultivar name. Get to know its nature." That, after all, is the secret to a lifelong match.

FIRST SIGNS OF SPRING

MAGNOLIA STELLATA
Stellata is Latin for "starry," which describes the fragrant blooms that fill this compact (15 to 20 feet), early-flowering, cold-hardy tree.

M. DENUDATA
Pussy-willow-like buds give way to lemon-scented, goblet-shaped white blossoms that appear on bare branches.

***M. x LOEBNERI* 'LEONARD MESSEL'**
This profuse bloomer has an open, rounded branching habit and abundant flowers that are pink on the outside and white inside.

***M. STELLATA* 'ROSEA'**
A sun-loving tree with striking gray bark produces these pale-pink petals, which turn nearly white by the end of their bloom time.

***M.* 'ELIZABETH'**
A hybrid developed by the Brooklyn Botanic Garden, 'Elizabeth' boosts six-inch yellow flowers and an elongated silhouette.

M. x WIESENERI
Just one of these showstoppers, with its crimson stamens, makes an exquisite display. It blooms from spring into summer.

***M.* 'BUTTERFLIES'**
This hybrid's yellow flowers smell lemony, don't fade, and—thanks to a parent that's native to New York—do well in cooler climes.

***M. x SOULANGEANA* 'LENNEI'**
A vigorous grower that can withstand Zone 4 temperatures, 'Lennei' produces dramatic two-tone flowers that can span eight inches across.

***M. SALICIFOLIA* 'ELSE FRYE'**
The showy white blooms on this Japanese native are lavish, and the willowlike leaves release an anise scent when crushed.

SET A SCENE

Sun-kissed terra-cotta tableware and neutral linens are a match made in dinner-party heaven. We bought the plates and tumblers, and painted stripes onto the decorative terra-cotta bowl. Salt and pepper cellars and napkin rings were sculpted from a few colors of no-bake air-dry clay. To get the how-tos, go to page 111.

THE DETAILS: Skagerak Edge mugs *(similar to shown), $29 each, goodee world.com.* **CB2 Madera-Camel terra-cotta salad plates,** *(top right and opposite), $9 each, cb2.com.* **Creative Co-op unglazed terra-cotta bowl,** *2" by 10", $18, amazon.com.* **West Elm textured-cotton napkins,** *$20 for 4, westelm.com.* **Fortessa Avezzo rose-tone flatware,** *(similar to shown), $210 for a 20-piece set, neimanmarcus.com.*

ONE *FINE* CLAY

Terra-cotta gets its name from the Italian words for "baked earth," and that rich, rusty color from the iron oxide it contains. But its modern cool factor comes from all the stylish ways you can use it. Embrace these ideas—that you can buy or DIY—to lend your home warmth, indoors and out.

PHOTOGRAPHS BY ADDIE JUELL TEXT BY JENNY COMITA
CREATED BY NAOMI DEMAÑANA

THE DETAILS: Syzygy Novah small pitcher, *in Brown, $35, bloomist.com.* **Casablanca Market Unglazed Naturel tagine,** *$78, casablancamarket.com.* **Foliage Garden large patterned cutout terra-cotta pot,** *price upon request, foliagegarden.com.* **March large red-clay round bowl,** *$240, marchsf.com.*

THE DETAILS: The Home Depot whitewash terra-cotta egg pot *(similar to shown; used as table base), $18, homedepot.com.* New England Pottery orange ceramic plant saucer, *15" (similar to shown; used as tabletop), $15, lowes.com.* Foliage Garden large patterned cutout terra-cotta pots, *price upon request, foliagegarden.com.*

Orchid pots are perforated, like the two shown here, so the plants' roots can breathe more easily. Arranged loosely, the vessels can moonlight as decorative sculptures.

FLIP YOUR LID

Gardeners love these earthenware pots because they're porous, which helps prevent root rot and lets oxygen reach the soil inside with ease. Note: Any moist substances inside can expand—and cause cracks—in below-freezing temperatures, so empty containers or migrate them indoors for the winter if necessary. Here, we turned an oversize planter upside down and placed its saucer on top. Presto, change-o: your new side table.

MAKE A MARK

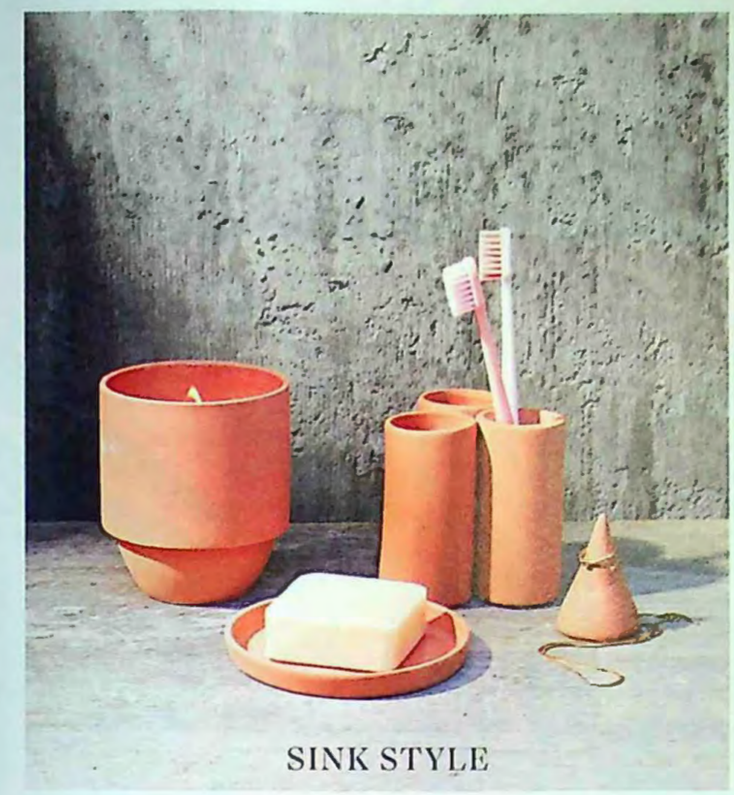
Customize basic pots with a quick paint job. Straight-sided vessels (rather than ones with thick rims) are easiest to decorate, and their silhouettes are chic. For graphic motifs, create a grid with painters' tape and fill in the blanks with craft paint in subtle colors, or try geometric stamps. Once your work has dried, brush on clear outdoor sealer to waterproof it.

THE DETAILS: Deroma Cabo terra-cotta clay planters, *4.7", $1 each, truevalue.com.* Green Barn Orchid Supplies rustic clay orchid pot, *4", $3, shop.greenbarnorchid.com.* Martha Stewart multisurface satin acrylic craft paint, *in Chestnut Brown and Sand Castle, $2.50 each for 2.2 oz., michaels.com.* Plaid FolkArt Finishes outdoor matte sealer, *$7.25 for 8 oz., plaidonline.com.* Colorations easy knob-grip geometric-shape stamps, *$31 for 14, amazon.com.*

BRING IT INSIDE

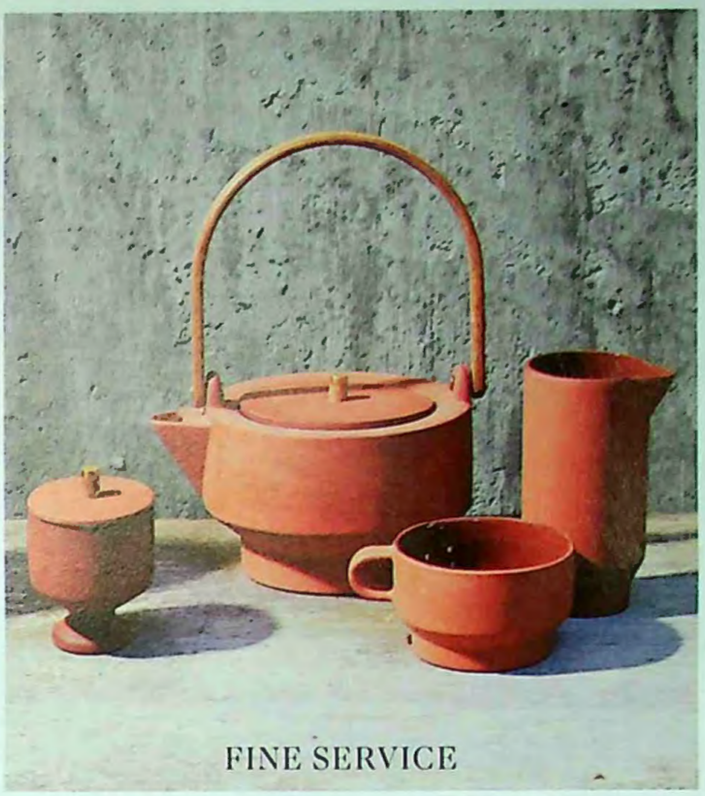
The refined neoclassical lines of these handmade vases make them mantel-worthy. They're glazed inside, so water can't seep out, but left untreated on the outside to show off their raw, unfinished appeal. The one on the left holds miniature orange tiger lilies, chartreuse lady-slipper orchids, allium pom-poms, polka-dot begonia leaves, green euphorbia, wispy pink heuchera flowers, cranberry hibiscus leaves, and flowering grass.

THE DETAILS: Frances Palmer terra-cotta squashed vase *(left)*, $495; *and* terra-cotta vase with rolled handles, $325, *frances palmerpottery.com.*



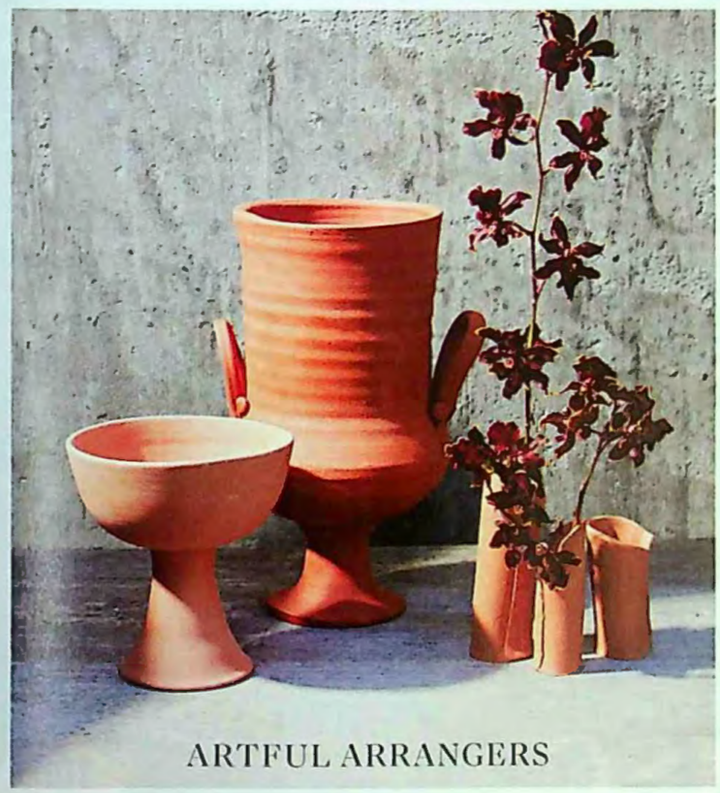
SINK STYLE

From left: This **Paddywax Parks candle** is scented with cactus flower (*$34, paddywax.com*). Stepping in for a soap dish is a **Goodman and Wife pot saucer** (*$24 for 2 saucers and pots, amazon.com*); and for a toothbrush holder, **Aquarium Equip G&B ceramic-pipe fish hideouts** (*$16 each, amazon.com*). To rest rings, you can roll out a pointed stand.



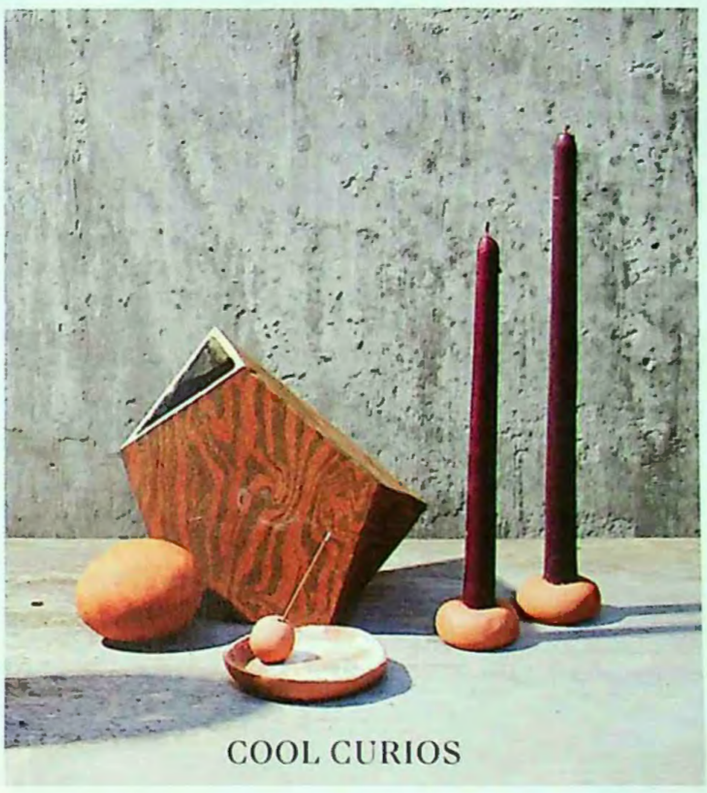
FINE SERVICE

Terra-cotta retains heat like a dream, making it an ideal material for roof tiles, cookware, and this sleek **Skagerak Edge tea set.** *(Sugar bowl, $55; and jug, $49, hawkinsnewyork.com. Teapot, $189; and cup, $35, shophorne.com.)*



ARTFUL ARRANGERS

If the Parthenon had a resident florist, she'd surely put blooms in this elegant **Ekho Design Goblet tall planter** (*left; $38, bloomist.com*) and **Frances Palmer No. 5 two-handle urn** (*$550, francespalmerpottery.com*). To complement them, fashion **bud vases** with a handmade feel.



COOL CURIOS

From left: Catch eyes with collectibles like a **vintage egg decoy,** used to distract nesting hens, and an off-kilter **Cody Hoyt vase** (*price upon request, patrickparrish.com*). An **incense holder** and **candlesticks** are satisfying to smooth into shape. These hold Creative Candles tapers (*in French Bordeaux; from $13 for 2, creativecandles.com*).

FOR THESE DIY HOW-TOS, SEE PAGE 111.

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The Workbook

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FARM FRESH

|

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Swiss Meringue Buttercream

You will need to make two batches for assembly.

- **1¾ cups sugar**
- **6 large egg whites**
- **Pinch of kosher salt**
- **5 sticks unsalted butter, cut into tablespoons, room temperature**
- **1 teaspoon pure vanilla extract**
- **Gel-paste food coloring in contrasting shades of green, such as Wilton Leaf Green and Juniper Green**

1. Bring a saucepan filled with about 2 inches of water to a simmer. Meanwhile, combine sugar, egg whites, and salt in a large heatproof mixing bowl. Set bowl over (not in) pan of simmering water and whisk until whites are warm to the touch and sugar has dissolved, 2 to 3 minutes. (Test by rubbing between your fingers; mixture should feel smooth.)

2. Attach bowl to mixer fitted with the whisk attachment; beat on medium-high speed until stiff, glossy peaks form and mixture has cooled completely, about 12 minutes.

3. Reduce speed to medium-low; add butter, 2 tablespoons at a time, beating to incorporate fully after each addition. (Don't worry if buttercream appears curdled at this point; it will become perfectly smooth again with continued beating.) Beat in vanilla.

4. Switch to paddle attachment and beat on lowest speed to remove air bubbles, 3 to 5 minutes. Let stand at room temperature, covered with plastic wrap. If not using the same day, transfer to airtight containers and refrigerate up to 3 days. Before using, bring to room temperature, then beat with paddle attachment on lowest speed until smooth and pliable, about 10 minutes.

5. Transfer 2 cups buttercream to a bowl (for "grass"). Dip a toothpick into gel paste and swipe through frosting, starting with 4 swipes of leaf-green and 2 swipes of juniper. (Use a fresh toothpick to add more color.) Stir until color is even, adding more gel paste as desired. Transfer to a piping bag fitted with a grass-tip attachment (such as Ateco #133); set aside. Set aside 1 cup untinted buttercream for "boxwood-shrub" cake balls (recipe follows), and remaining untinted buttercream to frost cake (instructions follow).

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 30 MIN. **MAKES:** ABOUT 6½ CUPS

Cookie "Gravel" and "Dirt"

- **14 vanilla wafer cookies**
- **12 chocolate sandwich cookies, such as Oreos**

Pulse vanilla wafers in a food processor until finely ground (you should have ½ cup). Transfer to a bowl. Tap out bowl of food processor. Repeat with chocolate cookies (you should have 1 cup). Combine ½ cup chocolate crumbs with vanilla crumbs to create "gravel." Reserve remaining chocolate crumbs to create "dirt." Crumbs can be stored in separate airtight containers at room temperature up to 1 week.

ACTIVE/TOTAL TIME: 5 MIN. | **MAKES:** 1 CUP GRAVEL AND ½ CUP DIRT

Wood-Grain Gum-Paste "Fence"

- **Gel-paste food coloring in brown and black, such as Wilton**
- **6 ounces gum paste**
- **Confectioners' sugar, for rolling**

1. Dip a toothpick into gel paste and swipe through gum paste, starting with 2 swipes of brown and 1 swipe of black. (Use a fresh toothpick to add more color.) Knead until color is even, adding more gel paste as desired. Lightly dust a work surface with confectioners' sugar. Roll gum paste into a rectangle, ⅛ inch thick. Cover with a wood-grain impression mat and firmly press with a rolling pin to create pattern.

2. Using a pizza cutter or chef's knife, cut into vertical strips, each ⅓ inch wide. Separate strips and cut crosswise into slats and posts: 12 posts, each 2¼ inches long; 12 short slats (for garden entrances), each 3½ inches long, leaving one end squared and cutting the other on the bias; and 18 longer slats (for sides of cake), each 5 inches long, both ends trimmed on the bias.

3. Transfer cut pieces to parchment-lined baking sheets and let stand until firm and dry, overnight. Dried fence pieces can be stored on baking sheets, covered with parchment, at room temperature up to 3 days.

ACTIVE TIME: 35 MIN. | **TOTAL TIME:** 35 MIN., PLUS OVERNIGHT | **MAKES:** A BORDER FENCE FOR A 9-BY-13-INCH CAKE

Simple Icing

- **1 cup confectioners' sugar**
- **2 teaspoons light corn syrup**

Whisk together sugar, corn syrup, and 3 to 4 teaspoons water in a small bowl until icing is smooth and thick. Icing can be refrigerated in an airtight container up to 1 week.

ACTIVE/TOTAL TIME: 5 MIN. | **MAKES:** ABOUT 1 CUP

"Boxwood Shrub" Cake Balls

- **4 tablespoons unsalted butter, room temperature, plus more for pan**
- **¾ cup unbleached all-purpose flour, plus more for pan**
- **¾ teaspoon baking powder**
- **¼ teaspoon kosher salt**
- **½ cup sugar**
- **1 large egg, room temperature**
- **¼ cup whole milk**
- **¼ teaspoon pure vanilla extract**
- **1 cup Swiss Meringue Buttercream (see recipe, page 107)**
- **4 ounces green nonpareils (available at *amazon.com*)**

1. Preheat oven to 350°. Butter a 9-inch round cake pan; dust with flour, tapping out excess. Whisk together flour, baking powder, and salt. Beat butter with sugar on medium speed until light and fluffy, 1 minute. Add egg; beat well. Reduce speed to low and gradually add flour mixture, beating until combined. Add milk and vanilla, scraping down sides of bowl as necessary; beat until just combined. Pour batter into prepared pan; smooth top with an offset spatula.

2. Bake until golden and a toothpick inserted into center comes out clean, 23 to 25 minutes. Let cake cool in pan on a wire rack 15 minutes, then turn out onto rack and let cool completely.

3. Crumble cake into a bowl until no large lumps remain. Add buttercream; stir until combined.

4. Place nonpareils in a small bowl. Using your hands, roll half of cake mixture into 1¼-inch balls (heaping teaspoons); working with one at a time, roll in nonpareils, pressing lightly to adhere. Roll remaining cake mixture into ¾-inch balls (scant teaspoons) and roll in nonpareils, pressing lightly to adhere. (You should have about 14 of each.) Refrigerate until firm, about 1 hour. Decorated cake balls can be refrigerated in an airtight container up to 3 days.

ACTIVE TIME: 40 MIN. | **TOTAL TIME:** 1 HR. 5 MIN., PLUS COOLING | **MAKES:** 30 TO 35

Marzipan "Daffodils"

Keep marzipan covered when you're not working with it so it doesn't become brittle.

- **2 ounces marzipan**
- **Gel-paste food coloring in yellow and orange, such as Wilton Golden Yellow and Orange**

1. Divide marzipan into 3 pieces, keeping each piece in an airtight container when not working with it to prevent it from drying out. Dip a toothpick into gel paste and swipe across one piece of marzipan, starting with 2 swipes of yellow. (Use a fresh toothpick to add more color.) Knead until color is even, adding more gel paste as desired. Repeat with another piece of marzipan and orange gel paste. Leave last piece untinted.

2. Tear off one-third each of yellow and orange marzipan; roll separately into ¼-inch-diameter ropes, each 10 to 12 inches long. Cover both with a kitchen towel to keep from drying out. On a clean surface, roll out remaining yellow, orange, and natural marzipan very thinly, each a scant ⅛ inch. Cut out flowers using a ½-inch six-point-star aspic cutter. Make indentations in centers of each "petal" using a blade gum-paste tool (6 indentations total). Cut an ⅛-inch piece from one of the ropes and roll into a ball. Gently press ball around the tip of an arrow gum-paste tool to create a center flower "cup." Using tool, press cup into center of a flower. Repeat with remaining marzipan, creating a variety of color combinations of daffodils. Transfer to a parchment-lined baking sheet and let stand until dry, at least 4 hours and up to overnight. Store dry flowers in an airtight container up to 5 days.

ACTIVE TIME: 50 MIN. | **TOTAL TIME:** 4 HR. 50 MIN. | **MAKES:** ABOUT 30

Cake Assembly

- **Martha's Bedford Easter Cake (see recipe, page 18), baked and cooled**
- **Swiss Meringue Buttercream, Cookie "Gravel" and "Dirt," Wood-Grain Gum-Paste "Fence," Simple Icing, "Boxwood Shrub" Cake Balls, and Marzipan "Daffodils" (see recipes, left and page 107)**
- **2 tablespoons pastel-candy-coated sunflower-seeds (used as "eggs"; available at *nuts.com*)**
- **Miniature wicker baskets, such as Basket Dollhouse Supply Decor (available at *amazon.com*)**
- **Small farm-animal figurines, such as Schleich (available at *amazon.com*)**

1. Using two large spatulas, transfer cake to a cake plate. Coat with a thin layer of buttercream over sides and top. Refrigerate until chilled, 30 minutes. Spread evenly with another 2 cups buttercream, creating squared edges. Refrigerate 30 minutes.

2. Path and flower beds: Using an offset spatula, gently mark a 1½-inch-wide path vertically down center of cake. Mask each side of path with pieces of parchment. Sprinkle with cookie "gravel," extending over front and back of cake. Carefully remove parchment. Gently mark a 1-inch-wide flower bed on each side of gravel path. Mask outer edges of flower beds with parchment. Sprinkle with cookie "dirt." Remove parchment.

3. Grass: Holding piping bag at a 90-degree angle, pipe rows of reserved green-tinted buttercream to fill both sides of lawn.

4. Fence: Arrange fence pieces off to side of cake in sections for easy assembly. Adhere 2 posts to side of gravel path on both ends of cake, gently pressing into frosting to stick: 2 at edges, and 2 along long sides. Connect posts with slats: Working with one section at a time, adhere 2 short slats, lining up with edge of post next to gravel path, and gently pressing into frosting to stick. Dab a small amount of simple icing at end of top slat to adhere to post. (This slat should be set just above grass level of cake.) Repeat on all sides of cake.

5. Arrange "boxwood shrub" cake balls on either side of gravel path, in flower beds. Arrange "daffodils" over lawn.

6. Hide sunflower-seed "eggs" in grass and around shrubs. Fill small baskets and arrange on gravel path. Decorate with animal figurines.

LET'S DO BRUNCH

PAGE 78

Little Gems, Asparagus, and Peas With Creamy Mustard Vinaigrette

The dressing can be made up to three days ahead and refrigerated in its jar. Shake vigorously before using.

- 1 small bunch asparagus (12 ounces), cut into 1-inch pieces (2 cups)
- Kosher salt and freshly ground pepper
- 1 cup shelled fresh or unthawed frozen peas
- 2 tablespoons heavy cream
- 1 tablespoon fresh lemon juice
- 1 tablespoon white-wine vinegar
- 1 tablespoon Dijon mustard
- 2 teaspoons nigella seeds (available at *walmart.com*)
- 3 tablespoons extra-virgin olive oil
- 4 heads Little Gem lettuces, leaves separated

1. Prepare an ice bath. Cook asparagus in a small pot of generously salted boiling water 1 minute. Add peas; cook 15 seconds more. Drain vegetables and transfer to ice bath until cold. Drain and pat dry.

2. In a jar with a resealable lid, combine cream, lemon juice, vinegar, mustard, nigella seeds, and oil; generously season with salt and pepper. Seal lid and shake vigorously until thick and creamy. Toss asparagus and peas with enough dressing to lightly coat. Toss lettuce leaves with more dressing to lightly coat and arrange on a platter in a single layer. Top leaves evenly with asparagus mixture, and serve with remaining dressing alongside.

ACTIVE/TOTAL TIME: 20 MIN. | **SERVES:** 8

Cheesy Spinach-Potato Egg Casserole

You con assemble this in the baking dish up to a day ahead, cover it with plastic wrap, and refrigerate until ready to bake.

- 3 tablespoons unsalted butter, plus more, softened, for brushing
- 1 onion, chopped (2 cups)
- Kosher salt and freshly ground pepper
- 1 pound curly-leaf spinach, thick stems removed, sliced (8 packed cups)
- 2 teaspoons fresh thyme leaves
- 1 pound Yukon Gold potatoes, peeled and cut into a ½-inch dice (3 cups)
- 1½ cups whole milk
- 12 large eggs
- Scant ¼ teaspoon freshly grated nutmeg
- 6 ounces fontina, coarsely grated (2 cups)

1. Preheat oven to 375°. Brush a 2-quart baking dish with butter. Melt butter in a large skillet over medium-high heat. Add onion and ½ teaspoon salt; cook, stirring occasionally, until golden in places, 5 to 7 minutes. Add spinach and thyme; cook until spinach wilts and darkens slightly, about 5 minutes. Add potatoes and milk; season with pepper.

2. Simmer until milk thickens and reduces slightly and potatoes are easily pierced with the tip of a knife but still holding their shape, about 5 minutes. Remove from heat; let cool completely. Meanwhile, in a large bowl, whisk eggs with 1½ teaspoons salt and nutmeg. Stir cooled potato mixture and half of cheese into eggs. Transfer to prepared baking dish and cover with parchment-lined foil.

3. Bake, covered, 30 minutes. Uncover, sprinkle evenly with remaining cheese, and continue baking until set and golden brown in places, 15 to 25 minutes more (if top is browning too quickly, tent with foil). Let cool slightly before serving.

ACTIVE TIME: 25 MIN. | **TOTAL TIME:** 1 HR. 30 MIN. | **SERVES:** 8

Beet Bloody Marys

Vegan Worcestershire sauce may be used for a vegetarian version.

- 10 ounces cocktail tomatoes, halved (1¾ cups)
- 3 celery stalks, chopped (about 1¼ cups), plus inner stalks with leaves for serving
- 24 ounces pure beet juice, such as Lakewood or Biotta (3 cups)
- 4 ounces fresh lemon juice (½ cup), plus wedges for serving
- 2 teaspoons Worcestershire sauce
- 2 teaspoons hot sauce, such as Cholula, plus more for serving
- 1 to 2 tablespoons freshly grated or prepared horseradish
- Flaky sea salt, such as Jacobsen, and freshly ground pepper
- Vodka, chilled, for serving (optional)

1. Purée tomatoes, celery, and 1 cup beet juice in a blender until very smooth. Strain through a fine-mesh sieve, pressing on solids to extract all of liquid (you should have about 2 cups); discard solids. Transfer to a pitcher. Stir in remaining 2 cups beet juice, lemon juice, Worcestershire, hot sauce, 1 tablespoon horseradish, and ¼ teaspoon pepper. Taste; stir in more horseradish as desired. Cover and refrigerate until cold, about 2 hours, or store in an airtight container up to 5 days (or freeze up to 1 month).

2. Pour into highball glasses filled with ice. Stir 1½ to 2 ounces vodka into each serving (or pour on top as a floater), if using. Garnish with celery stalks, lemon wedges, hot sauce, more pepper, and salt; serve immediately.

ACTIVE TIME: 15 MIN. | **TOTAL TIME:** 2 HR. 15 MIN. | **SERVES:** 8

Thick-Cut Bacon With Rhubarb Chutney

- ⅓ cup sugar
- ¼ cup light corn syrup
- 3 tablespoons white-wine vinegar
- 8 ounces rhubarb, cut into a ½-inch dice (2 cups)
- 1 shallot, finely chopped (⅓ cup)
- 1 tablespoon finely chopped fresh ginger (from a 1½-inch piece)
- ½ habanero or Scotch-bonnet pepper, finely chopped (ribs and seeds removed for less heat, if desired)
- Kosher salt and freshly ground pepper
- 1¼ pounds extra-thick-cut bacon, halved crosswise

1. Preheat oven to 375°. Combine sugar, corn syrup, and ¼ cup water in a medium saucepan. Cover and cook over medium heat until sugar has dissolved, about 5 minutes. Uncover, increase heat to medium-high, and boil until caramel turns medium amber, 3 to 4 minutes. Carefully add vinegar (mixture will spatter and caramel will seize). Continue cooking, stirring, until caramel dissolves again.

2. Stir in rhubarb, shallot, ginger, chile pepper, and ¼ teaspoon

each salt and pepper; return to a boil. Reduce heat to medium-low, cover, and simmer until rhubarb is tender and liquid is syrupy, about 10 minutes. Strain chutney, reserving syrup, and transfer to a serving bowl. Return syrup to saucepan and simmer over medium heat until thickened and reduced to ⅓ cup, about 5 minutes. Arrange bacon in a single layer on a wire rack set inside a rimmed baking sheet.

3. Bake bacon in oven 15 minutes. Brush tops of bacon with half of rhubarb syrup. Bake 5 minutes more, then flip bacon and brush other sides with remaining syrup. Continue baking until glossy and most of fat has rendered but bacon is still pliable (it should not crisp), 12 to 15 minutes more. Serve warm, with chutney.

ACTIVE TIME: 25 MIN. | **TOTAL TIME:** 1 HR. **SERVES:** 8

Basil-Yogurt Panna Cotta With Grapefruit Gelée

For a how-to video on making the grapefruit supremes, go to *martha stewart.com/supreming.*

- **1¼ cups whole milk**
- **½ cup packed basil sprigs, plus small leaves for serving**
- **5 teaspoons gelatin (from three ¼-ounce envelopes)**
- **3 cups fresh grapefruit juice, strained, plus supremes for serving**
- **2 cups plain yogurt (not Greek)**
- **½ cup honey**
- **Flaky salt, such as Jacobsen, for serving**

1. Combine ¾ cup milk and basil sprigs in a small saucepan; bring to a simmer over medium-high heat. Cover, remove from heat, and let steep 20 minutes. Meanwhile, in a bowl, sprinkle 2 teaspoons gelatin over remaining ½ cup milk. In a heatproof bowl, sprinkle remaining 3 teaspoons gelatin over ½ cup grapefruit juice. Let both mixtures stand until gelatin softens, about 5 minutes. Strain milk-basil mixture, discarding sprigs. Pour over milk-gelatin mixture and stir until gelatin has dissolved, then whisk in yogurt until smooth. Wipe pan clean.

2. Combine ¾ cup grapefruit juice and honey in saucepan. Heat over medium-high, stirring, until honey dissolves and mixture is hot but not boiling. Pour over grapefruit-gelatin mixture, stirring until gelatin has dissolved. Stir in remaining 1¾ cups grapefruit juice.

3. Divide grapefruit mixture evenly among eight 6-to-8-ounce ramekins, gratin dishes, or shallow bowls. Refrigerate until mixture begins to thicken and mound slightly but isn't set, 45 to 55 minutes. (Do not refrigerate yogurt mixture.) Carefully divide yogurt mixture evenly among ramekins, pouring it in from edge (not center) of each dish to create a random swirl effect. Refrigerate until both mixtures are cold and set, about 4 hours or, covered, up to 3 days. Before serving, top with grapefruit supremes, basil leaves, and a sprinkle of salt.

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 5 HR. 20 MIN. | **SERVES:** 8

Chocolate-Cinnamon Swirl Bread

This is best served the day you bake it, but you can let it cool completely, wrap it tightly in plastic wrap, and store it at room temperature for up to three days. To watch a video of this loaf being made, go to *martha stewart.com/swirlbread.*

DOUGH

- **3⅓ cups unbleached bread flour, plus more for dusting**
- **⅔ cup whole milk**
- **¼ cup granulated sugar**
- **1½ teaspoons kosher salt**
- **2¼ teaspoons active dry yeast (not rapid rise; one ¼-ounce envelope)**
- **5 tablespoons unsalted butter, melted, plus more for brushing**
- **1 large egg, room temperature, plus 1 egg white**

FILLING

- **5 tablespoons unsalted butter, softened**
- **½ cup packed dark-brown sugar**
- **1 tablespoon Dutch-process cocoa powder**
- **1 tablespoon ground cinnamon**
- **2½ ounces bittersweet chocolate, finely chopped (½ cup)**

1. Dough: Whisk together ⅓ cup bread flour, ⅓ cup milk, and ¼ cup water in a small saucepan until smooth. Cook over medium-low heat, whisking frequently, until thickened slightly but still pourable (it should have the consistency of loose pudding), 2 to 3 minutes. Transfer to a small bowl; let cool until warm to the touch but no longer hot, about 10 minutes.

2. In a large bowl, whisk together remaining 3 cups flour, granulated sugar, salt, and yeast. Make a well in center of mixture. Add cooked milk-flour mixture, remaining ⅓ cup milk, melted butter, and whole egg to well; stir until a dough forms. Transfer to a lightly floured work surface and knead until dough is smooth and elastic and springs back when lightly pressed, 8 to 10 minutes. Transfer to a bowl brushed with butter, turning dough to coat. Cover with plastic wrap and let rise until doubled in volume, 45 minutes to 1 hour; or refrigerate up to 1 day and return to room temperature before rolling out.

3. Filling: Preheat oven to 375°. Brush a standard 9-by-5-inch loaf pan with butter. Stir together butter, brown sugar, cocoa, and cinnamon until smooth.

4. Punch down dough. On a lightly floured work surface, roll out to a 12-by-16-inch rectangle. Spread brown-sugar mixture evenly over top of dough, leaving a ½-inch border at edges. Sprinkle evenly with chocolate. Starting at one short end, roll up dough into a tight log, pinching ends and seam to seal after rolling. Starting 1 inch from one end of log, cut through dough vertically all the way through opposite end (dough should only be attached at one end). Twist the two sections of dough outward 5 times, then braid together, starting at attached end, pinching ends together to seal. Compress braid slightly with your hands to approximately 9 inches; transfer to prepared pan. Cover and let rise until doubled in volume (dough should rise about 1 inch above rim of pan), about 45 minutes. Whisk egg white with 1 teaspoon water; brush over top of dough.

5. Bake until bread is puffed and brown on top (if browning too quickly, tent with foil), 45 to 50 minutes. Let cool in pan on a wire rack 20 minutes. Carefully remove bread from pan and let cool completely on rack, about 2 hours. Slice and serve.

ACTIVE TIME: 40 MIN. | **TOTAL TIME:** 3 HR. 15 MIN., PLUS COOLING | **MAKES:** ONE 9-BY-5-INCH LOAF

GOOD THINGS

PAGE 21

HOW-TO

Vine and Dine

SUPPLIES

Gold-colored wire

Leaf-shaped Czech-glass chandelier beads, in pink and green

Glass berry beads, in pink and green

Hot-glue gun

1. Shape a 7-inch piece of gold wire into a ring. The chandelier beads come prestrung on lengths of thin gold-colored wire; twist two sprigs

of them together, then wrap their wires onto ring to secure.

2. Thread a berry bead onto a 2-inch piece of wire. Add a dot of hot glue to berry bead to secure to wire. Nestle into center of leaf beads; twist wire to secure. Repeat, adding as many berries as desired.

THE DETAILS: Bead Landing 18-gauge gold wire, *$6.50 for 10 yd., michaels.com.* **ChandelierParts.com prewired Czech-glass leaves,** *18 by 13 mm, in Frosted Emerald and Pink, $4 for 6, chandelierparts.com.* **Lollipop Bead Shoppe berry beads,** *18 mm, in Pink Pearl and Pale Mint Green, from $3.75 for 6, lollipopbeadshoppe.etsy.com.* **iCreating Candy Hollow lampwork glass beads,** *from 75¢ each, icreating.etsy.com.*

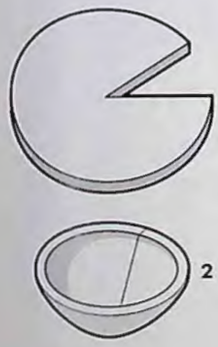
ONE FINE CLAY

PAGE 100

HOW-TO

Napkin Rings

Knead a plum-size piece of terra-cotta-colored air-dry clay and pea-size bits of white and gray (mixed from black and white) air-dry clay together to create a swirled effect. Using a rolling pin, flatten the clay into a ¼-inch-thick rectangle. Cut four 2-by-5-inch strips out of it. Overlap the edges, smooth the seams with your finger, and let dry upright (to help keep the shape).



HOW-TO

Salt-and-Pepper Cellars

Knead a plum-size piece of terra-cotta-colored air-dry clay and pea-size bits of white and gray (mixed from black and white) air-dry clay together to create a swirled effect. Using a rolling pin, flatten into a ¼-inch-thick disk. Punch out a circle with a round cookie cutter or drinking glass and cut a wedge out of it (1). Bring the edges up, overlapping and smoothing them together (2). Press the bottom of the bowl down onto a flat surface to flatten it, and let dry.

HOW-TO

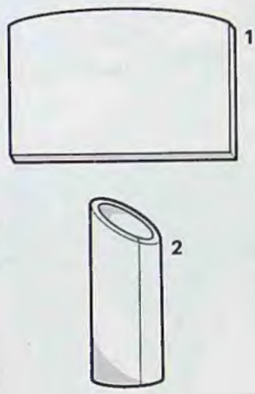
Decorative Bowl

Use painters' tape to mark out a pattern on a terra-cotta bowl, then paint between the lines of tape with craft paint. Let dry; remove tape. Brush on a clear coat of sealant to protect the pattern.

HOW-TO

Ring Rest

Roll a golf-ball-size piece of air-dry clay into a ball. Keep rolling, putting more pressure on one end to form a point. Bang the other end on a table to flatten (if it gets misshapen, just reroll); let dry.



HOW-TO

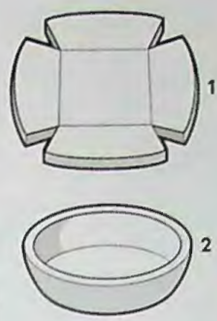
Bud Vase

Roll air-dry clay of desired size out into a ¼-inch-thick rectangle with a rounded top edge (1). Curl it into a tube; press seam closed (2); let dry. Insert a small glass bottle or beaker to hold water.

HOW-TO

Candleholders

Lightly flatten a small ball of clay, and push in a candle. Remove the candle, and let dry.



HOW-TO

Incense Holder

Roll a cherry-tomato-size piece of air-dry clay out into a ¼-inch-thick disk. Cut 4 small wedges out of edge at even intervals (1). Bring the edges up, overlapping and smoothing them together (2). Roll more clay into a small ball. Using an incense stick, make a slightly larger hole in the ball. Let dry.

THE DETAILS: Activa Plus air-dry clay, *in Terracotta, White, and Black, from $5 each for 1.1 lb., activoproducts.com.* **Creative Co-op terra-cotta bowl,** *2" by 10", $18, amazon.com.* **Martha Stewart multisurface satin acrylic craft paint,** *$2.50 for 2.2 oz., michaels.com.* **Plaid FolkArt Finishes outdoor matte sealer,** *$7.25 for 8 oz., plaidonline.com.*

30TH-ANNIVERSARY EASTER COVERS

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"When I was growing up, my family celebrated every holiday with great enthusiasm. For Easter, we would dress up, go to church, and then venture off on an excursion. When I was about 3 years old, my parents took me rowing in New York City's Central Park. To this day, I love sharing the joy of special occasions with family and friends."

—*Martha*

April, c. 1945

PHOTOGRAPH BY EDWARD KOSTYRA

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THE PATH TO YOUR PERSONAL PALETTE STARTS HERE

Do you have a room that needs a fresh look?
Yes, I do!
Not right now, but maybe soon.
Do you have a "look" in mind?
Well, do you like personality tests?
Yes, but I'm not sure what to do next.
No, please help!!
Not really my thing.
I'm OBSESSED. Do you have one??
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